

# Consumer Reports

"FACTS YOU NEED  
BEFORE YOU BUY"

25¢ A COPY

Published Monthly by Consumers Union, Inc.

FEBRUARY 1943



FUEL OIL SAVINGS

DEHYDRATED SOUP

MEN'S UNDERWEAR

PACKING LUNCHES

WHAT TO LOOK  
FOR IN MEN'S SUITS

POLISH FOR SHOES

FATS IN THE DIET

YOUR INCOME TAX

CARE AND REPAIR:  
THE REFRIGERATOR

## Letters to the Editor...

Last month we published in this space part of a column by a courageous newspaper writer who dared to buck the advertisers and told his readers to look to CU for help in times like these. Since then, we have rediscovered the fact that our members are very much a part of CU, not just subscribers to a magazine.

By word of mouth and letter they showed their delight in reading words of praise for their organization, and they asked for more. We're glad to comply by reprinting excerpts from a few of the thousands of letters of praise and appreciation in CU's files.

The staff enjoyed this letter from an importer in Capetown, South Africa:

"We take this opportunity of expressing our appreciation for your very excellent publication which with us is the most popular periodical we receive.

"Several of our business acquaintances are also making good use of our copies. . . . Business firms in this country are to a great extent dependent on the advice of their overseas agents, who quite often are inclined to ship well known advertised brands.

"Due to CU, we have been able to discriminate in deciding on which brands to import and apart from financial savings are offering better value in many instances."

That's an unusual letter. But here's one signed jointly by a member and his wife living in Montevideo, Minnesota, that's typical of many:

"Consumers Union supplemented by *Bread & Butter* has proved our best investment to date. Acting upon its advice we have saved many times its cost. We appreciate very much its medical section based on science and common sense."

Here's another in the same vein from a member in Silver Spring, Maryland, and one that points out what many have said, that a single report in a single issue almost pays for (sometimes the letters say "more than pays for") the cost of a year's subscription:

" . . . I also want to take this opportunity to let you know that Consumers Union has saved me many a dollar. The article on aspirin alone has saved me, I believe, almost the cost of my annual subscription."

Another type of letter is one received some time ago from the managing editor of a children's magazine recommended by CU in an article on Christmas gifts. Said the editor:

"We have been greatly impressed by the response received in this office to the recommendation of this magazine. . . . What chiefly impresses us, however, is the confidence shown by your readers in sending their money when they have never seen the magazine, and on a comparatively brief recommendation. You are certainly to be congratulated on having built up such confidence among your readers."

There's space for only one more, and since we started with South Africa, we'll end with a brief quotation from a letter from another distant place, China. It's from the Hongkong office of the Chinese Industrial Cooperatives, that amazing organization which has turned homes into factories to produce arms and supplies for Chiang Kai-shek's armies:

"Miss Russell was most kind in arranging a subscription for your publication. We are, indeed, grateful to you and the members of Consumers Union for giving us this opportunity.

"Since then we have been receiving your reports with interest as it has helped our work immeasurably. The chief engineer of our Southeast headquarters has time and again referred to your excellent reports."

**CONSUMERS UNION** is a non-profit organization chartered under the Membership Corporation Laws of New York State. Its purpose is to furnish unbiased, usable information to help families meet their buying problems, get their money's worth in their purchases, develop and maintain an understanding of the forces affecting their interests as consumers. Consumers Union has no connection with any commercial

interest and accepts no advertising; income is derived from the fees of members, each of whom has the right to vote for candidates to the Board of Directors. More than 70 educators, social workers and scientists sponsor Consumers Union and a national advisory committee of consumer leaders contributes to the formulation of policy (names of the members of the committee will be furnished on request).

**CONSUMER REPORTS** each month gives comparative ratings of a variety of products based on tests and expert examinations, together with general buying guidance, information on medical and health questions, and news of happenings affecting the consumer's interest. The Reports is the manual of informed and efficient consumers the country over.

**THE BUYING GUIDE** (published as the December issue of the Reports) each year brings together information from all the preceding issues with new material and special buying advice. Pocket-size, 384 pages, with ratings of several thousand products, the Buying Guide is an invaluable shopping companion. Every member gets a copy of the Guide with his membership.

**BREAD & BUTTER** reports each week on new and predicted price and quality changes in consumer goods, interprets Washington legislation as it affects consumers, reports government regulations and actions on the consumer front, advises on food buying and preparation.

**SUBSCRIPTION FEES** are \$4 a year, which includes subscription to the Reports and Buying Guide and Bread & Butter; \$3.50 without Bread & Butter (for foreign and Canadian memberships add 50¢). Reduced subscription rates are available for groups of 10 or more (write for details). Library rates, for the Reports and Bread & Butter

without the Buying Guide issue, are \$3.50; for the Reports alone, \$3.

Membership involves no obligation whatsoever on the part of the member beyond the payment of the subscription fee. Convenient order forms for renewing subscriptions or entering new ones are found at the back of each issue.

## More Democracy Needed

As the weeks roll by with Congress in session, those who are in the habit of putting 2 and 2 together must be increasingly aware that the right to vote doesn't make democracy.

It is inconceivable that a democratic Congress—one responsive to the will of the majority—would have blocked price control legislation while living costs were soaring and living standards tobogganing; nor would such a Congress show signs of paralysis when the farm bloc, talking as though it owned the whole United States, demands still higher food prices.

And since Congress is not responsive to the will of the majority, victory on the home front is by no means so certain as victory against our foreign enemies. If, for example, the powerful commercial and financial interests now riding high in Washington have their way, price control will be smashed and we will be engulfed by an inflationary wave leaving hunger and chaos in its wake.

Inflation is not, of course, the only danger we face. With special interests calling the tune now and at the close of the war, the nation may well find itself plunged into a period of depression and unemployment that will make 1932 look like a year of glorious prosperity.

We are not going to urge the abolition of Congress as a step toward greater democracy. Nor are we even going to heap blame on the men and women who make up Congress. The great majority are simply ordinary men and women who have made a career of politics and intend to continue in that career. The average representative's vote on any issue depends largely on two things:

1. *What day to day pressures are being brought to bear to influence his actions?* One visit from a determined lobbyist representing an organized and vocal minority will affect his vote in Congress more than the unexpressed wishes of ten thousand citizens.

2. *How do the party and the local political machine that backed him want him to behave?* Most members of Congress know that they won't even get their names on the ballot in the next election unless they please the party bosses. And the first loyalty of the party bosses is to those who provide jobs and funds.

Point two is, of course, an oversimplification. And that's why the people can do something about it. Because when an election isn't "in the bag" even a political machine is concerned about the feelings of the voters—provided they take the form of a loud public clamor.

All of this spells a word we've talked about many times before—organization. And today, organization of the common people is desperately needed. Failure of the people to enforce their will on their representatives—to make democracy function—can bring national disaster.

As a first step, we urge everyone who belongs to any kind of organization to try to focus that organization's interest and activity on Washington. Appoint committees to study legislation. Keep a wall chart showing how your representatives vote. Send telegrams and letters telling them what you want. When your representatives come home, send a delegation to see them. Write letters to newspapers. Hold public meetings.

Keep up constant pressure on your representatives; organize the kind of public clamor that political parties must heed; and if that doesn't make them sit up and take notice, you will at least have set the stage for the beginnings of independent political action that will give better promise for the future.

# Consumer Reports

"FACTS YOU NEED BEFORE YOU BUY"

"Because it was established for the very purpose of aiding families to buy wisely, to avoid waste and to maintain health and living standards, and because it is the largest technical organization providing such guidance, Consumers Union recognizes a special responsibility to the nation. In full awareness of that responsibility, we pledge ourselves to do everything in our power to help Americans as consumers make the greatest possible contribution to the national need."—FROM A RESOLUTION ADOPTED ON DECEMBER 10, 1941, BY THE DIRECTORS.

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DIRECTOR: Arthur Kallet EDITOR: Madeline Ross

SPECIAL TECHNICAL CONSULTANT: Gerald Wendt

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CORRESPONDENCE should be addressed to Consumers Union, 17 Union Square, N. Y. C. CU regrets that time does not permit answers to inquiries for special information.

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# REPORTS ON PRODUCTS

**SPECIAL CONSULTANT:** Gerald Wendt; **CHIEF TECHNICIAN:** Sidney Wang

Ratings of products represent the best judgment of staff technicians or of consultants in university, governmental and private laboratories. Samples for test are in practically all cases obtained on the open market by CU's shoppers. Ratings are based on laboratory tests, carefully controlled use tests, the opinion of qualified authorities, the experience of a large number of persons, or on a combination of these factors. Even with rigorous tests, interpretation of findings is a matter on which expert opinion often differs. It is Consumers Union's pledge that opinions entering into its evaluations shall be as free from bias as it is possible to make them.

## SAVE OIL AND KEEP WARM

*This report tells you, in specific terms, how—with minimum expenditure—to get 15 to 35% more heat out of every gallon of fuel oil if you have a pressure atomizing burner, and what changes to make in your house to keep it warmer*

What can you do when you have 150 gallons of fuel oil for a month when you need 300 gallons to heat a few rooms to 65°? The answer spells "Tough Going." But you are not alone in your predicament, for the oil shortage gives tough going to thousands in the Northeastern states who heat with oil.

CU's check-ups show that few oil-rationed home owners can bank on getting as much as 75% of the oil they used last winter. A small percentage gloomily see themselves eking out a ration as low as 35% or 45% of the oil they use normally. Generally, typical homes in the areas studied can expect 55% to 65% of the oil used last year.

Those who are having the hardest time are the people who last year patriotically kept their homes below 70° daytimes, cut off the heat at night, turned off radiators in bedrooms and other rooms that could do without heat, and, in answer to government admonitions, took additional drastic steps to save oil.

The owner of one large home, for example, normally used 10,800 gallons of heating oil a year; last winter he cut way down on heat and reduced his oil consumption to 5,600 gallons; and now, as a result, he is rationed to 2,650 gallons.

The owner of a small house used about 2,000 gallons of fuel oil normally; improvements and reduced indoor temperatures cut last year's consumption to about 1,200 gallons; and the ration for the house now amounts

to 850 gallons, which is further reduced by the recent cut of 10% for Period Three coupons.

The oil burner owner who cannot abandon his house, cannot switch to coal, and cannot get an additional heating oil ration from his local board must do something when he holds a fuel oil ration that translates into less than 55° for at least a few important rooms.

### HOW TO CUT HEAT LOSSES

If money is no object, the problem can be solved easily. Spending enough money will result in cutting the heat losses (and the fuel requirements) of a typical house down to less than one-half of what they were to begin with. Material for this is available. The trick can be done by filling the outside walls with rock wool insulation, providing a four-inch thick covering of rock wool for the top floor ceiling, installing storm windows on every window in the house, locating and sealing cracks and crevices in outside walls and around the doors and windows, and cutting the heat losses of the basement or the unheated space underneath the house. In addition, spending enough money on the heating plant itself may squeeze 20% to 50% more heat out of each gallon of oil. The average oil burner and heating plant are that wasteful to begin with.

Unfortunately for hard-rationed burner owners, however, unless they know exactly what needs to be done, it is difficult to improve efficiencies by

spending a few dollars. The thing not-to-do is to spend money blindly in a frantic attempt to save oil. Don't let some oil burner service man sell you \$10 to \$25 worth of "improvements." For unwise "improvements" often do not save a single gallon of oil. To jack up to maximum the efficiency of an ordinary small oil-fired plant often calls for an investment of \$80 or more; it calls for skill and persistency that you don't often find in so-called "oil burner service men" and "oil burner experts."

In fact, many adjustments which are frequently being made on oil burners actually waste oil. However, CU's field investigations show that with proper adjustments, which take no more time for the service man and therefore rate no higher charge, typical oil burners can give 15% to 35% more heat from a gallon of oil than is usually obtained.

Unless yours is the kind of pocket-book that can secure for you the services of a really qualified combustion engineer, you have a difficult problem. Unfortunately, these men are scarce today; they declare it does not pay for them to give attention to small heating plants when big fees are being shoved into their pockets by large building owners who find themselves in real trouble because of fuel oil rationing.

You are probably in this dilemma if you own an oil burner: you realize that the man servicing your oil burner may not know too much about what he is doing, yet you cannot obtain the services of a qualified combustion engineer, and, not being an expert, you will not touch the oil burner adjustments yourself for fear of blowing up the whole thing.

### WHAT TO DO

CU's plan may help you out of this difficulty. It is based on your insisting that the ordinary service man do the things known to save oil, but which most oil burner service men do not do unless the burner owner insists. This plan is based upon extensive field study, on hundreds of comparisons of the efficiencies obtained from domestic oil burners adjusted the usual way and the proper way, and on the highly effective steps being taken now to save oil in large plants. In action, the plan gives results. For example, the owner of a small oil-fired hot water heating plant insisted that his service man do the following:

1. Install a new atomizing nozzle,



a size smaller than the nozzle used normally.

2. Reduce the size of the firebox to make it fit closely the smaller flame from the new nozzle.

3. Adjust the smokepipe draft regulator for the minimum draft the regulator can give, or for very slightly higher draft if the minimum gives trouble.

4. Adjust the air damper on the oil burner so that a slight show of smoke can be seen from the top of the chimney.

Though at first the service man resented the owner's giving him such specific orders, he later admitted that these orders matched the recommendations issued to trade circles by the manufacturer of the oil burner, but which were commonly disregarded by service men. These orders were given the service man in September, 1941. The bill for the work amounted to \$8.45 (only \$4.95 more than the usual charge of \$3.50 for checking the burner and starting it each Fall). As a result, the house was adequately heated for the Winter on 1,650 gallons of oil instead of the 2,300 gallons previously used.

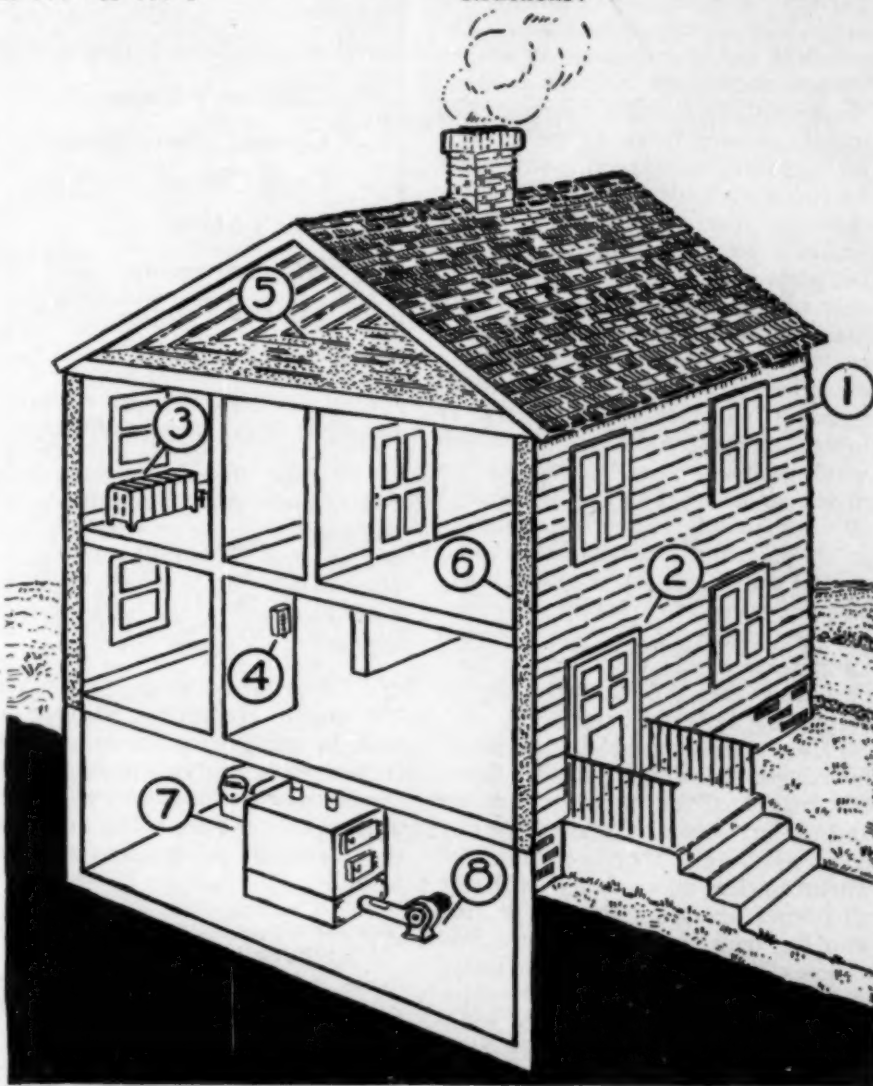
#### COMBUSTION TESTS

If at all possible, secure the services of a combustion engineer who specializes in domestic oil burners and who is experienced in making complete combustion tests of plants like yours. The two important readings he will give you are the  $\text{CO}_2$  (carbon dioxide) and the stack temperature. The  $\text{CO}_2$  reading indicates the percentage of carbon dioxide in the flue gases. Up to 12% is usually about tops for domestic oil burners; higher  $\text{CO}_2$  means better flame quality and lower oil consumption. If your burner can give no more than 10%  $\text{CO}_2$ , it passes according to CU's standards; 8% to 10% doesn't get by, but it may have to be tolerated because the burner will do better only after \$50 to \$100 worth of work is done on the plant. Less than 8%  $\text{CO}_2$  shows you are wasting more heat up the chimney than you should, by a wide margin. (There is one qualification: if the stack temperature is exceptionally low, say under 400° F., lower  $\text{CO}_2$  readings may be tolerated because even with them the chimney loss is not great.)

The stack temperature tells how well your furnace or boiler is absorbing the heat released in it by the oil flame. Readings of 600° to 1000° show heavy fuel waste. CU's stand-

ards call for a maximum of 500° stack temperature, which is the thing to aim at if you really want to use oil efficiently. Exceptional plants work well with stack temperatures as low as 350° to 400°.

To attempt to make the best use of the ordinary service man who does not make combustion tests of every oil burner he adjusts, you may, however, give him these specific instructions:



**EIGHT POINTS FOR STRETCHING YOUR OIL RATION.** 1. Every window of the heated rooms should have a storm window; 2. Tight-fitting storm door is a must; vestibule arrangement is better; 3. Turn off the heat in bedrooms and in rooms not needed; if you have a hot water heating plant, guard against freezing radiators; 4. The room in which the thermostat is located should heat easily. You will save oil by making it the easiest room to heat in the house by installing additional radiators, or warm air registers if you have a furnace type heating plant; 5. Rock wool insulation saves fuel; it saves less fuel than it otherwise would, however, when you place it over the ceilings of rooms which are not heated. You may be able to save money by installing insulation yourself in an open attic; 6. Outside wall insulation, rock wool or equivalent, is a highly effective way to save oil—cost may run high, however for a completed home; 7. Boiler or furnace should be cleaned frequently during the oil shortage. For many, three or four times a year is not too often. Many home owners clean the flues themselves. Use of a wire brush is necessary for a thorough job; "soot remover" is costly, and does not do a thorough cleaning job; 8. By all means instruct your service man to install a smaller nozzle, if you have a standard pressure-atomizing burner. Many flames are oversize to begin with, but if your flame was of the proper size before oil rationing, and you are now receiving one-third less oil, chances are the flame size should be cut by at least one-third.

1. Install the smallest size nozzle that will carry the heating load. Nozzles on most burners give flames that are wastefully oversize with the result that on the coldest days the oil burners operate only eight to ten hours out of the twenty-four. The result is that the furnaces or boilers lie idle about half the time even on the coldest days, and are overworked greatly at such times as the burners do operate. To save oil, your boiler or furnace should work most of the time on severely cold days (as it would if you were firing coal). With the proper size fire, which is considerably smaller than service men customarily install, your oil burner may operate steadily for two to four hours on sub-zero mornings. The heat won't come up as quickly mornings after being lowered for the night, and you won't be able to raise the temperature of the house from 65° to 68° or 70° quite as quickly as you were able to in the past. But you will save a great deal of the heat which your old, oversize flame used to send up the chimney, and on top of this you will gain an increase in efficiency because your oil burner does not start and stop as frequently as it did before.

Often more even heating is gained by using a considerably smaller flame, for instead of the radiators' heating and cooling several times on severely cold mornings, they remain just warm enough all morning, with the oil burner operating steadily or just stopping once in a while for a few minutes. For a five- or six-room house which has a warm-air or hot-water heating plant and in which some rooms are unheated and others kept at low temperatures, a firing rate as low as one gallon of oil per hour may be enough (as the minimum); one and one-half gallons per hour may be used for a small house if really necessary. The objective is to have the oil burner operate from fifteen to eighteen hours on the coldest days.

Burner service men will understand this line of reasoning. Suppose the oil burner stays idle a total of six hours out of the twenty-four on a sub-zero day and operates a total of eighteen hours; using one and one-half gallons per hour, it will burn twenty-seven gallons of oil in just one day under these conditions—and twenty-seven gallons a day is enough to suit the owner of a small home when it comes to paying the oil bills and trying to get along with his oil ration! *Do not install a nozzle too small to heat the house properly on*

## Watch for...

Work on the following reports, among others, is either now under way or scheduled to begin soon:

**Children's Shoes**  
**Canned Green Beans**  
**Cold Cream**  
**Men's Shirts**  
**Oleomargarine**  
**Canned Pears**

*coldest days, but be sure to install a nozzle no larger than is necessary!*

2. Reduce the size of the firebox to make it fit closely the smaller flame given by the smaller nozzle. Do not do this by standing firebrick in place loosely; build a good small firebox by cementing the bricks properly in place.

3. Clean the boiler or furnace thoroughly, removing all soot and scale by using wire flue brushes and, if you have one, a special vacuum cleaner for boiler cleaning. Do not attempt to clean the boiler or furnace thoroughly by using "soot remover" alone.

4. Locate and seal the "air leaks" in the boiler or furnace. A candle flame may be used to locate these; furnace cement is commonly used for sealing them. Air leaks permit cold air to enter and chill the boiler or furnace.

5. Adjust the smokepipe draft regulator for the minimum draft for which it can be set, and observe the operation of the oil burner, starting and stopping it and studying it while it runs. Adjust for higher smokepipe draft only if the minimum draft gives trouble. The proper draft to use is the very lowest which will give no soot, smoke, or odors in the house, and which will permit proper burning of the oil.

6. As the final adjustment for the oil burner, close the air damper of the burner so far that there is slight, barely perceptible, smoke coming from the top of the chimney with the firebox red-hot, after the burner has operated for at least 15 minutes continuously. Give the flame enough

air to eliminate this slight smoke only if this is necessary to avoid trouble.

7. Control adjustments for the oil shortage:

a) For warm air and hot water heating plants which do not heat water for the hot water faucets, lower the setting of the "high limit control" to the degree at which the heating plant will be just able to heat the house. Use a lower setting than is normal for the plant.

b) For boilers which heat water for the water faucets, lower the setting of or disconnect the "AquaStat" for the Winter, so that only the room thermostat will start and stop the burner. At times when no heat is needed during the Winter, the oil burner should not start and stop for the sake of water heating. This control adjustment must then be altered in Spring.

c) If the burner operates less than 15 or 20 minutes each time it starts, alter the sensitivity adjustment of the room thermostat (or the other controls responsible for the short runs) so that the burner operates at least 20 minutes each time it starts.

### MAKE ROOMS EASY TO HEAT

There is one more important item for hard-rationed oil burner owners: make the main rooms, especially the room in which the room thermostat is located, easy to heat. Additional radiators or larger radiators (perhaps moved from rooms not heated) may be installed in the room in which the thermostat is located. This can reduce oil consumption by as much as 25% with adequate heat in living room and dining room. There will, of course, be less heat in other parts of the house.

Owners of one-pipe steam heating plants (the radiators of these are characterized by vent valves which permit air to escape as the radiators heat up) may save oil by having two, instead of just one, radiator vent valve installed on every radiator located in the most important rooms. Double vents should be installed especially on the radiators near the room thermostat, and in adjacent rooms. Radiators heat faster when the air escapes from them twice as fast. This saves oil by stopping the burner earlier than it would stop otherwise; and by providing less heat for the radiators not double-vented. Vent valves from radiators which are turned off, in unheated rooms, may be used for the double-venting.



# DRIED SOUPS

... are cheaper and easier on transportation facilities. CU discusses packaging, reports test results on several types

The housewife has long been familiar with dried fruits, dried peas, and dried beans. But it was not until about three years ago that she could get dried soup out of paper packages. At that time, the I. J. Grass Noodle Company put out a small package of noodles with dried vegetables and seasoning. The idea "caught like measles," and today there are at least 50 different brands competing for consumer favor. New brands and new varieties are appearing every day. You can get anything from a simple bouillon tablet of compressed dried powdered vegetables to a French onion soup complete with grated cheese and croutons, and in between you can find cheese soup, chicken noodle, vegetable noodle, beef noodle, chicken rice, cream of pea, cream of celery, cream of asparagus, cream of tomato, potato and borscht.

Generally speaking, dehydrated foods are cheaper than fresh or canned foods and provide an excellent way of stocking surpluses, since they take less space for transportation and storage. When properly packed, they can withstand extreme temperatures.

But economy is meaningless if the product loses its identity or nutritive value in the process of dehydration. Dehydrated vegetables should "refresh" well, should cook tender without getting mushy and should retain a large part of their original flavor, color and odor. They should retain as much as possible of their vitamins and minerals and not deteriorate on standing.

Government interest in dehydrated foods for lend-lease and the needs of the armed forces have given considerable impetus to research in this field. In the past few years, there has been much improvement in dehydration methods; different "formulae for dehydration" have been worked out for different vegetables; blanching methods have been improved so that the "enzymes" which destroy vitamins and flavor are inactivated. But the job is by no means finished, and every day "pilot" plants are testing new ideas.

## Flavor Ratings of Dehydrated Soups

(Listed in order of preference in flavor tests, best first)

BRAND AND PACKER OR DISTRIBUTOR	Tasters rating each brand as:			Car- bohy- drate %	Net Weight oz.	Price per pkg. ¢	No. of 4 oz. servings	Cost per 4 oz. serving ¢	Cook- ing time* (min.)
	Good %	Fair %	Poor %						
CHICKEN NOODLE									
Continental (Thomas J. Lipton, Inc., Hoboken)	47	42	11	62.4	2½	10	4	2.5	7
Dainty (Dainty Food Mfrs., Chicago)	41	54	5	74.1	2½	12¢ jar	4	3.0	10
Co-op (National Cooperatives, Chicago)	42	44	14	66.8	2½	9 3 for 26¢	4	2.3	7
Wyler's New (Wyler and Co., Chicago)	41	43	16	58.8	2½	10	4	2.5	5
Wyler's Concentrated	38	46	16	58.0	2½	15	4	3.8	5
Soup's On (Universal Cocoa Products Corp., Chicago)	38	45	17	63.9	2½	3 for 25¢	5	1.7	5
Treasure Island (Treasure Island Food Products, Oakland, Cal.)	30	57	13	64.1	2¾	3 for 25¢	4	2.1	5
Minute Man (Skinner and Eddy Corp., Seattle)	32	53	15	63.1	2½	10	4	2.5	7
Ma's Brand <sup>1</sup> (Kientzel Noodle Co., St. Louis)	27	58	15	70.1	3	10	6	1.7	25
Tetley's Jif-e (Metropolitan Corp., NYC)	28	46	26	61.7	2¾	3 for 25¢	4	2.1	7
Dainty (Dainty Food)	31	34	35	59.6	2½	10¢ pkge	4	2.5	7
Mrs. Grass <sup>2</sup> (I. J. Grass Noodle Co., Chicago)	33	21	46	63.4	2½	10	5	2.0	10
Harvest Fresh (Harvest Fresh Co., NYC)	13	22	65	62.6	1½	5	2	2.5	7
VEGETABLE NOODLE									
Betty Crocker (General Mills, Minneapolis)	56	39	5	61.7	2¾	9	6	1.5	20
Mrs. Grass <sup>2</sup> (I. J. Grass Noodle Co., Chicago)	58	23	19	60.4	2¾	3 for 25¢	6	1.4	20
Meisenzahl's Old Fashioned (Meisenzahl Lab., Rochester, N. Y.)	54	35	11	58.8	2¾	10	6	1.7	15
Kux-Kwik (A. Zarega's Sons, Inc., Brooklyn)	48	45	7	64.3	2¾	10	6	1.7	20
Soup's On (Universal Cocoa Products)	48	34	18	71.8	2½	3 for 25¢	5	1.7	20
Zoop <sup>3</sup> (Ravarino-Freschi Inc., St. Louis)	41	41	18	70.2	3	10	6	1.7	25
Noodleman (A. Goodman and Sons, Inc., NYC)	36	39	25	66.3	2½	10	4	2.5	8
Pantripak <sup>4</sup> (Pantripak Food, St. Louis)	29	50	21	58.2	4½	3 for 25¢	8	1.0	50
Jewel (Jewel Tea Co., Inc., Barrington, Ill.)	26	42	32	69.4	6¾	36	18	2.0	20
Goodman's (A. Goodman)	18	56	26	63.4	3	10	6	1.7	20
Tetley's Jif-e (Metropolitan Packing Corp., NYC)	17	54	29	65.4	2¾	10	4	2.5	7
Caruso <sup>5</sup> (Atlantic Macaroni Co., NYC)	20	40	40	77.5	8	2 for 15¢	8	1.0	30 <sup>6</sup>
Dainty <sup>7</sup> (Dainty Food)	15	56	29	72.7	1½	5	4	1.3	6
Milani's (Louis Milani Foods, Inc., Chicago)	6	33	61	46.2	2½	10	5	2.0	20 <sup>8</sup>
Hall Mark <sup>9</sup> (Stein-Hall Mfg. Co., Chicago)	4	22	74	63.4	8	10	8	1.3	45

<sup>1</sup> Contains chicken bouillon; directions call for 1 tablespoon of butter; <sup>2</sup> Poor packaging; <sup>3</sup> Mostly peas, barley, rice and noodles, with very little, if any, vegetables like carrots, tomatoes, peppers, etc.; <sup>4</sup> "Cooking time" does not include time required to bring water to a boil; <sup>5</sup> Directions say "till tender" which may take longer; <sup>6</sup> Label says "10-minute brand;" directions say to cook 20 minutes.

CONTINUED ON PAGE 36

## PACKAGING

Proper packaging is as important as good methods of dehydration, for without complete protection from moisture and insects dried soup is a complete loss. Moisture destroys both flavor and vitamins.

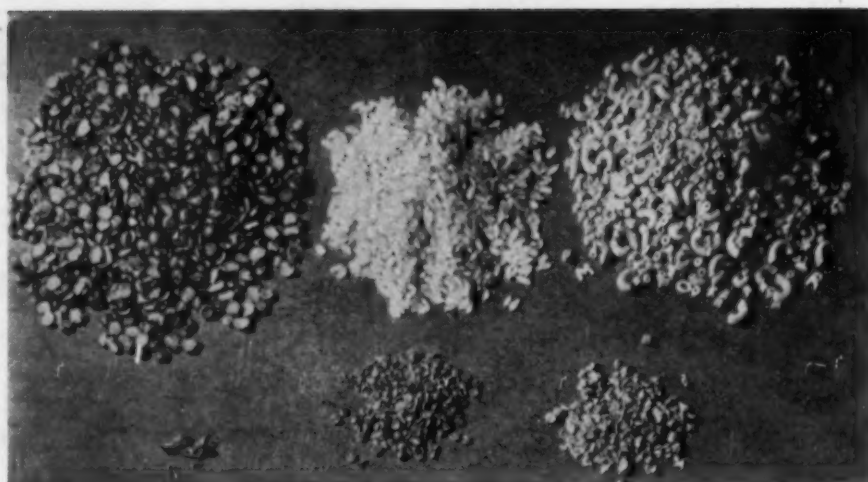
That the problem has not been completely solved is indicated by the variety of packages being used.

Obviously, glass jars or tins offer best protection against moisture and insects, but very few brands are packed this way. Next best are the treated fiber board containers, combinations of two or three bags, and cellophane-wrapped sealed cardboard boxes. The folded boxes with stapled bags are fairly efficient; single bags of cellophane or paper are least efficient. The cellophane may crack or break, and insects have no trouble eating their way through a single layer of cellophane or paper. Four out of six packages of one brand packed in cellophane—*KA Soup-er-mix Garden Vegetable*—bought in New York and Chicago, were infested with insects. This brand was not included in the taste tests. Evidence of insect invasion was present in some samples wrapped in cellophane, in a single paper bag and in a folded cardboard box with a stapled inner bag.

It is apparent that the buyer should carefully inspect the package of dehydrated soup before buying it, to make sure there are no breaks or insect holes. For added insurance, before cooking spread the contents on a piece of clean paper and look for insects, larvae or the fine web of excretory material left by insects.

## HOW CU TESTED

CU tested 13 brands of chicken noodle soup, 15 brands of vegetable noodle soup and about a dozen brands of other types including beef noodle, bouillon powders and tablets, chicken rice, pea, asparagus and onion. Samples were carefully inspected to see if packages were moisture-and-insect-free; label statements as to weight and content were checked as far as was reasonably possible. The approximate carbohydrate (starchy) content of the soup was found by separating the noodles and starchy vegetables like peas, potatoes, lentils, rice, barley and tapioca from the other ingredients and calculating the weight of carbohydrate from known percentages for each vegetable. If you like a thick or starchy soup, choose one with a high carbohydrate content.



**THE LABEL CLAIMS** celery, carrot, onion, pimienta, green pepper, and tomato as components of Caruso soup mixture. But all there is of these ingredients is gathered in the tiny pile in the lower left hand corner of the picture. The other ingredients of this soup, as separated out of the original mixture are (top left to right) green peas, rice, noodles; (lower center) yellow peas; (lower right) potato.

## Miscellaneous Soups: Flavor Ratings

The following are in order of taste preference within each group.

BRAND AND PACKER OR DISTRIBUTOR	Net Wt. oz.	Price per package ¢	No. of 4 oz. servings	Cost per 4 oz. serving ¢
<b>BEEF NOODLE</b>				
<i>(These soups were considered fair)</i>				
Beefy-Bowl (Carjon Food Products Co., Chicago) .....	2¾	9	6	1.5
Tetley's Jif-e Beef Noodle (Metropolitan Packing Corp., NYC) .....	2¾	3 for 25¢	4	2.1
<b>PEA SOUP</b>				
<i>(These soups were considered good)</i>				
Susan Baker Pea Soup (Union Food Products, Inc., Brooklyn, N. Y.) .....	3	9	4	2.3 <sup>1</sup>
Romar Green Pea (Romanoff Caviar Co., NYC) .....	4	20	7	3
Sardik Pea Soup Flakes (Sardik Food Products Corp., NYC) .....	7	59	8	7.4 <sup>1</sup>
Tetley's Jif-e 3-minute Pea Soup (Metropolitan Packing Corp., NYC) .....	2¾	10	3	3.3
<b>ASPARAGUS SOUP</b>				
<i>(These soups were considered good)</i>				
Romar (Romanoff Caviar Co., NYC) .....	4	20	7	2.9 <sup>2</sup>
Knorr (Knorr Food Products, NYC) .....	4	20	7	2.9 <sup>2</sup>
<b>ONION SOUP</b>				
<i>(This soup was considered good)</i>				
French Kettle (French-Kitchen Foods Corp., Chatsworth, Calif.) .....	3¾	35	5	7
<b>BOUILLON</b>				
<i>(This soup was considered good)</i>				
Souplets (American Dietetics Co., Inc., Yonkers, N. Y.) <sup>3</sup> .....	3	49	18	2.7

<sup>1</sup> Directions call for addition of butter; <sup>2</sup> Directions call for addition of butter and ¼ cup of heavy cream; evaporated milk was used instead of heavy cream; <sup>3</sup> Package contains 18 tablets, each tablet fortified with 100 International Units of vitamin B<sub>1</sub>.



The most important factor in the rating is the taste tests conducted by CU technicians. All brands of chicken noodle and vegetable noodle soup were tasted two, three or four times by each of about 25 tasters.

All soups were carefully prepared according to directions. In each test two soups identified only as A and B were served and tasters rated the soups as "Good," "Fair," or "Poor." Sometimes the same soup was served twice in the same day, and sometimes as much as a month elapsed between tests on the same soup. Despite this, and despite uncontrollable individual factors like degree of hunger, reaction to weather and "taste-fatigue," only 56 out of a total of 444 comparisons—13%—were inconsistent.

In the accompanying tables the brands are rated in order of the tasters' preferences. The order is not determined only by the percentage of tasters who considered the soup good; the percentage who considered it fair or poor was also weighed in determining its place in the table.

Varieties other than chicken noodle and vegetable noodle were tasted only once and are rated separately. Generally speaking, the beef noodle combinations were considered fair, the pea, asparagus and onion soups were considered good.

The taste tests are not intended to tell you what you will like. They are intended rather as a guide to indicate what is worth trying. A brand high on the list is more likely to satisfy you than one low on the list.

**CHICKEN NOODLE SOUPS** were all combinations of noodles of assorted shapes and sizes with chicken fat or chicken bouillon or both, vegetable or wheat protein derivative, seasoning, spices and small amounts of dehydrated vegetables like parsley, onion, tomato or carrot. Chicken fat was mixed with the ingredients or contained in gelatine capsules.

**VEGETABLE NOODLE SOUPS** included two varieties: a few like *Caruso*, *Hall Mark* and *Pantripak* contained large amounts of peas, rice, barley and lentils in addition to noodles; the others contained carrots, tomatoes, celery, onion, leek, parsley, spinach, peppers, etc. in addition to the noodles. Both types contained seasoning, spices and vegetables or wheat protein derivative. Except for *Tetley's Jif-e*, *Noodleman* and *Milani's*, which contained vegetable fat, all required addition of one or two tablespoons of butter per package.

## HOW TO PACK A LUNCH BOX

*Some tips on how to pack nutrition, variety and flavor into lunch boxes for your children and the war workers in your family*

More lunch boxes are swinging down the streets of American towns than ever before. What goes into those lunch boxes should represent a good portion of the nutrition supplied daily to the men, women and children who carry them. It's plain, then, that healthful and appetizing food in the lunch box will have a good deal to do with the efficiency and well-being of the worker or school child.

In case that sounds pretty obvious, consider first a statement recently made (December 1942) in *Hygeia* magazine: "Statistics show that two-thirds of the American people are inadequately fed, and it seems safe to assume that a goodly portion of this group are men turning out our weapons of war." It also seems safe to assume that another goodly proportion are the school children who will have the job of rebuilding this world.

Then consider a survey that pre-faced a campaign begun last May to improve nutrition in Bridgeport, Connecticut, a city of about 180,000 people, an estimated 75,000 of whom are working in war industry. Volunteers interviewed over 800 women who packed lunches for one or more war workers, and this is what they learned. Less than one-third of the women included fresh vegetables in the lunches. Only half of the women packed beverages; 50% of these packed coffee. Only one-fourth of the sandwiches were made of whole-grain or enriched bread. The general pattern of the lunches consisted of sandwiches, soft drinks, pie and candy.

### DAILY FOOD REQUIREMENTS

Compare that with the Department of Agriculture's "daily eight" food requirements (published in *Bread and Butter*, November 6, 1942):

1. Milk—adults need at least 1 pint (children 1 quart).
2. Tomatoes, oranges, grapefruit, raw cabbage or salad greens—one or more servings.
3. Green or yellow vegetables—1 or more servings.
4. Other vegetables or fruit—2 or more servings. (Among these include potatoes and apples.)

5. Lean meat, poultry, fish or sometimes dried beans, peas, or nuts—1 or more servings.

6. Eggs—1 a day, or at least 3 or 4 a week, cooked as you like or in "made" dishes.

7. Cereals and bread—2 or more servings of whole-grain or "enriched" products.

8. Butter and other fats. Sweets in moderation, but not enough to spoil the appetite.

Subtract from this list sandwiches of unenriched bread—containing no fresh vegetable—soft drinks, pie and candy, and figure out what kind of breakfast and dinner a person would have to eat to make up the deficit. The chances of his eating such meals are slim indeed.

Lunch should be regarded as an integral part of the day's menu; the other meals eaten during the day should influence the amount and kind of food that goes into the lunch box. That's twice as important today as ever before, with point rationing of many foods fast becoming an actuality. The housewife must learn to ration the vitamins and minerals and energy foods in her daily menu, so that the points she removes from her ration book will provide her family with a properly balanced diet.

### TYPE OF WORK & TIME OF MEAL

The lunch must also be planned according to the appetite of the person who will eat it. A worker at an active job will require a heartier meal than a child at school or a desk worker. The same assortment of "protective" foods is needed by all of them, but in different proportions. The man who uses his muscles needs more starches, sweets and fats. The school-child needs more milk, vegetables and protein foods for growth and body building. The white collar worker's lunch may emphasize salads, green vegetables and fruits.

The time of day when the box lunch will be eaten is important, too. Especially for a worker on the night shift, starchy foods that make him sleepy or logy must be avoided. Frequently a night worker requires four or five light meals instead of the cus-

tomary three. If he works from 4 to 12, he may want dinner before he leaves, and a midnight snack when he returns. In that case he can take a lighter lunch to eat on the job than the worker who doesn't want a heavy meal before he starts for work, or who cannot sleep if he eats before retiring. The man who works on the midnight to 8 shift may, on the other hand, have to get nearly all his daily requirements in two meals, dinner and his box lunch.

If you're packing lunch for the school child or the worker who rushes off to the day shift, it's a wise idea to plan and cook your lunch box ingredients the day before.

Clean the lunch box and vacuum bottle every night and allow them to air until morning, so that the food will taste fresh. The lunch box, pail or basket should be light and easy to carry. Ready-made lunch boxes often are fitted with a vacuum bottle. In addition, you will need waxed paper or sandwich envelopes, paper napkins, a small set of salt and pepper shakers, paper cups or cartons with tight-fitting lids, or fruit jars or jelly glasses with leakproof tops, and perhaps a fork and spoon. With this equipment, and with careful planning of menus, you should be able to pack lunches that provide variety and eye-appeal, as well as vitamins, minerals and energy.

#### VARIETY

The variety that makes a box lunch attractive can be achieved in many ways. Flavor can be varied not only by changing the menu, but by using different foods for garnishing, such as pickle, mustard, onion, catsup, horseradish and salad dressing. Many things besides coffee can go into the vacuum bottle. Fresh chilled milk, or tomato juice or orange juice is wholesome and refreshing. Or hot tea, cocoa, soup or stew may be included instead. Soups in themselves can offer interesting variety; one day a cream soup can be packed, the next day a meat stock soup.

Vegetables need not be confined to what will go between two slices of bread. Include a bright stick of raw carrot or raw green pepper, or a few radishes for color and crunchy texture as well as for their vitamins. Other raw vegetables that add interest are turnip sticks, cauliflower, celery or cabbage wedges. Try including a whole tomato plus a little salt. Lettuce can either be shredded and included in sandwiches to keep them

moist or can be wrapped separately, speared with a toothpick and accompanied by a little container of salad dressing. Vegetables can be used, raw or cooked, in salads packed in glass or paper cartons with covers.

These cartons can also work miracles with the dessert problem. Rice pudding, or chocolate pudding or stewed fruit can be sent along in such a container without fear of spilling. Make use of fresh fruits in season; substitute dried fruits occasionally. If you're afraid an orange will be objectionable because it takes too long to peel, try peeling one and wrapping the sections in waxed paper, or packing them in a paper cup.

Bread need not be monotonous either. Try changing from the conventional white, whole wheat and rye to graham bread, pumpernickel, or date and nut bread. Rolls, cornbread, muffins or biscuits can occasionally be used in place of bread.

Meat rationing need hold no terrors for the lunch box packer. Firmly fried or scrambled eggs may be used as a substitute in sandwiches, or the eggs may be hard boiled and packed separately with salt or mayonnaise. Many kinds of fish besides salmon and tuna make interesting salads. Or try frying fish like filet of flounder in deep fat and packing it cold either as a sandwich or just wrapped in waxed paper and accompanied by a fork. Cold baked beans, well seasoned, are popular and nutritious. Peanut butter is an old favorite; ground peanuts mixed with top milk also make a pleasing spread. Different types of cheese provide variety; for example, store cheese can simply be cut in wedges, or cream cheese can be mixed with watercress or chives for a spread, or a tomato can be stuffed with cottage cheese. Many appetizing spreads and salads can be prepared using the foods you serve at home.

If you're not ingenious in thinking of lunch box menus, there are booklets and magazine articles to help you.<sup>1</sup> Also watch the food page of your local newspaper for ideas. But above all bear in mind that a box lunch must provide a wholesome meal, and that the meal will be enjoyed only if it is packed neatly, looks appetizing and tastes good.

<sup>1</sup> "The Well Filled Dinner Pail," Iowa State Health Dep't, Des Moines, Iowa. 10¢ outside the state; free in Iowa.

"Three Meals a Day," Metropolitan Life Insurance Company, New York City. Free.

"Pack a Lunch a Man Can Work On," Bridgeport Gas Light Company, Bridgeport, Conn. Free.



**NORMAL STRETCHING** of an undershirt may tear it if the label is sewn too tightly across the ribbing. Remedy: rip a few stitches holding the label

## MEN'S KNIT UNDERSHIRTS

*Construction has changed little this year, but prices are up.*

*Price showed little relation to quality in 46 brands tested*

Last August you could have bought knit undershirts at prices ranging from 10¢ to \$1. This year the range is from 25¢ to \$1.25. The average increase in price among the brands tested last year and retested this year fits into this general picture. The average increase among 18 brands so tested was 12¢.

Only white knit undershirts were tested by CU, since this is the style most commonly used. There was little difference in the construction of the various shirts. The seams at the armhole and collarette were well sewn and could be expected to last the life of the garment. In some of the shirts the bottom seam ripped open when stretched to its fullest capacity. This, however, is not important since all of them could be safely stretched as far as normal usage would require.

It's a good idea to make sure that the back label is not attached in such a way that normal stretching will tear the material of the shirt. Many labels are sewn firmly across the ribbed portion, without allowing for the "give" which the shirt has in use. A much better idea is to have the label attached at the top only. If you find the label badly attached on an otherwise satisfactory shirt, rip out the few stitches which hold down the bottom



of the label before putting the garment into use.

All of the shirts tested conformed fairly well to the size specifications outlined by the National Bureau of Standards. There were slight differences in some shirts but the extreme flexibility of knit undershirts makes these small variations unimportant. It is safe to say that proper fit, before and after washing, would be found in any of the shirts tested.

There were differences in strength among the various brands, but these bore no relationship to price. The first three in the quality ratings included one selling at \$1.25, one selling at 55¢, and one selling below 39¢.

Knit undershirts come in various kinds of flat (plain) and rib knits. In general the flat knits and the 1x1 ribs (see picture below) show greater resistance to abrasion than the 2x2 ribs. The higher ribs (5x5, 6x6, etc.) show least resistance. The higher ribs, however, may prove to be more comfortable since they are cut smaller but have greater elasticity.

Note that a given brand name frequently appears in various places in the listings below with different weaves of the same brand receiving different ratings. Be sure to check the type of weave before you make a purchase based on these ratings.

### BEST BUYS

*The following undershirts of the "Acceptable" list were judged to offer the best value for the money in the order given. For full details see listings under "Acceptable."*

Woolworth's. 29¢. 1x1 rib.

Sears' Pilgrim Cat. No. 5160. 39¢ plus postage. Plain knit.

Le Savoy. 25¢. 3x2 knit.

### ACCEPTABLE

(In estimated order of quality)

Super-quality (Bon Marché Dep't Store, Seattle, Wash.). 55¢. 2x2 rib.

AMC (Associated Merchandising Corp., Chicago, Ill.). \$1.25. Plain knit.

Sears' Pilgrim Cat. No. 5160 (Sears, Roebuck & Co.). 39¢ plus postage. Plain knit.

Macy's Kempton (R. H. Macy & Co., Inc., NYC). 69¢. 2x2 rib.

Woolworth's (F. W. Woolworth Co., NYC). 29¢. 1x1 rib.

Mr. Trent (Hale Bros., San Francisco, Calif.). 65¢. 1x1 rib.

Vassar (Vassar Co., Chicago, Ill.). \$1. Plain knit.

Manhattan (Robert Reis & Co., NYC). 45¢. 2x2 rib.

Varsity (Excelsior Varsity Underwear Co., Baltimore, Md.). 65¢. 2x2 rib.

Ward's Healthgard Cat. No. 431 (Montgomery Ward & Co.). 69¢ plus postage. 1x1 rib.

Le Savoy (F. W. Woolworth Co.). 25¢. 3x2 rib.

Fruit of the Loom (Fruit of the Loom, Inc., Providence, R. I.). 39¢. 2x2 rib.

Ward's Cat. No. 44B (Montgomery Ward & Co.). 69¢ plus postage. 2x2 rib.

Carter's (William Carter Co., Needham Heights, Mass.). 60¢. 1x1 rib.

AMC (Associated Merchandising Corp.). \$1.25. 2x2 rib.

Club Fellow (Marshall Field & Co., Chicago, Ill.). \$1. 2x2 rib.

Munsingwear (Munsingwear Co., Minneapolis, Minn.). 75¢. 1x1 rib.

Leeds (Schulte Cigar Stores, NYC). 35¢. 1x1 rib.

Wearite (W. T. Grant Co., NYC). 35¢. 2x2 rib.

Otis (Otis Underwear Co., NYC). 45¢. Plain knit.

Arrow (Cluett Peabody & Co., NYC). 75¢. 2x2 rib.

<sup>1</sup> For a list of AMC stores, see page 12 of your 1943 Buying Guide.

Certifit (S. S. Kresge Co., NYC). 39¢. 2x2 rib.

Sears' Pilgrim Nobility Cat. No. 5122 (Sears, Roebuck & Co.). 65¢ plus postage. 1x1 rib, with a 1x2 rib every inch.

Munsingwear (Munsingwear Co.). 75¢. 6x6 rib.

Leeds (Schulte Cigar Stores). 35¢. 1x1 rib, with a combination of 1x2, 1x1 and 1x2 every two inches.

Wearite (W. T. Grant Co.). 35¢. 1x1 rib.

Cavalier (Kaufman's Dep't Store, Pittsburgh). 89¢. 1x1 rib.

Ward's Healthgard Cat. No. 456 (Montgomery Ward & Co.). 33¢ plus postage. 2x2 rib.

Wedgefield (S. S. Kresge Co.). 25¢. 1x1 rib.

Cavalier (Kaufman's Dep't Store). 89¢. 2x2 rib.

Penney (J. C. Penney Co., NYC). 35¢. 2x2 rib.

Macy's (R. H. Macy & Co.). 94¢. 1x1 rib.

Marshall Field's (Marshall Field & Co.). \$1.25. Plain knit.

Craftsman (J. C. Penney Co.). 50¢. 2x2 rib.

Arrow (Cluett Peabody & Co.). 60¢. 1x1 rib.

Mansco (Manhattan Shirt Co., NYC). 65¢. 1x1 rib.

Superior Shirteez (Superior Underwear Co., Piqua, Ohio). \$1. 2x2 rib.

BVD (BVD Co., NYC). 65¢. 1x1 and 2x2 mixed rib.

Sears' Pilgrim Cat. No. 5162 (Sears, Roebuck & Co.). 39¢ plus postage. 2x2 rib.

Surety De Luxe (The May Co., Los Angeles, Calif.). 55¢. 2x2 rib.

Mansco (Manhattan Shirt Co.). 65¢. 2x2 rib.

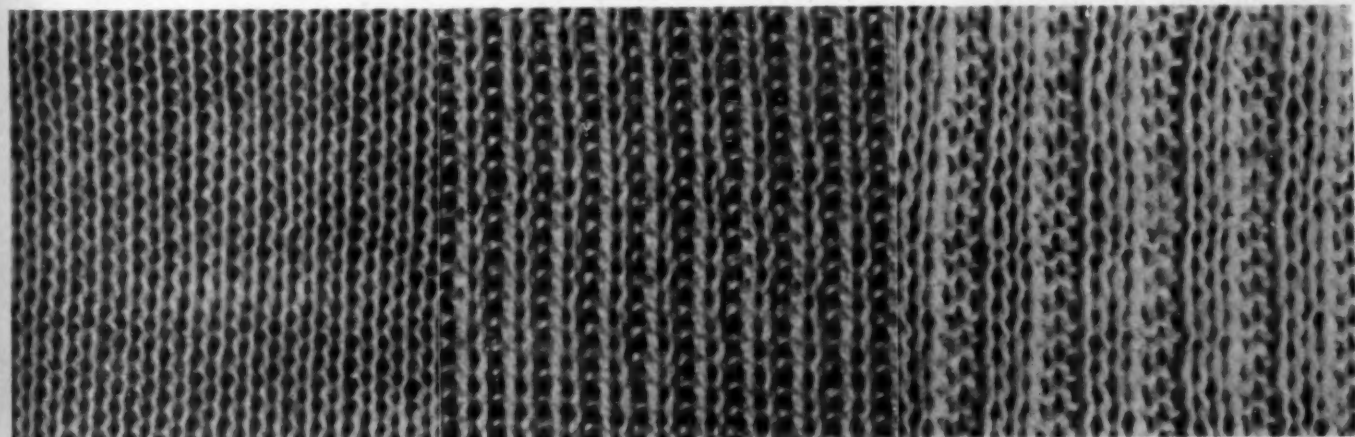
Otis (Otis Underwear Co.). 45¢. 7x6 rib.

Arrow (Cluett Peabody & Co.). 60¢. 7x6 rib.

Yachtsman (J. L. Hudson Co., Detroit, Mich.). 39¢. 2x2 rib.

Wilson Brothers (Wilson Bros., NYC). 55¢. 2x2 rib.

BVD (BVD Co.). 65¢. A mixture of 6x3 and 2x2 rib.



THE MOST COMMON TYPES of knit found in men's undershirts and knit shorts are shown in the enlarged photographs above. Left to right they are the flat or plain knit, the 1x1 rib and the 2x2 rib. Garments made of either the flat knit or the 1x1 rib may wear longer because they have greater resistance to abrasion. But fabrics made of 2x2 or higher ribs have greater elasticity, hence can fit more snugly without binding.

# MEN'S KNIT SHORTS

*... are skimmed this year and war regulations provide for less elastic. Of 16 brands tested, CU found 6 "Not Acceptable"*

CU's tests have brought to light two changes in the making of men's knit shorts. In its previous tests all brands have had quite uniform dimensions for any marked size. But this year some brands tested were so skimmed that they would be uncomfortable to wear; six of the shorts were skimmed so much that they had to be rated "Not Acceptable." (Similar skimping was discovered this year for the first time in men's woven shorts—see last month's *Reports*.)

The other change in construction is prompted by war necessity. In shorts recently manufactured, the elastic no longer goes all around the waist, but only half way. On the retail market the older style can still be found in many brands, but only until present stocks are exhausted. Of the eighteen brands CU purchased, ten were made in the new style. All of these should have had larger waist measurements to make up for loss in elasticity, but three brands, *Le Savoy*, *Reis* and *Fruit of the Loom*, were skimmed in this dimension.

In three brands, samples of both styles were found. Comparison showed that in two the curtailment of elastic was the only change made. In the third, however, *Reis Scandal*, the material in the newer shorts was inferior to those with all-around elastic. The price was not changed.

Knit shorts were first introduced about seven years ago and have been gaining in popularity ever since. They are available in three types: briefs, which are cut sharply from hip to crotch, thigh length and knee length. Knit shorts are generally made of cotton in a flat or plain knit, a 1x1 rib or a 2x2 rib. Sometimes varied ribbing or a combination of flat and rib knit, or a combination of mesh with different types of knit is used (see illustration on page 39).

There are several points to look for when buying shorts. Make sure that they're long enough to fit comfortably over the hips and wide enough at the waist and leg openings to prevent binding. Seams should be stitched so that they can be stretched fully without tearing. The width of the inseam (the bottom of the crotch) should be at least six inches.

Each pair of knit shorts was tested for bursting strength and resistance to abrasion. Only briefs were tested. Where dimensions did not conform to marked size, that fact was weighed in the ratings.

## BEST BUY

*The following brand of the "Acceptable" list was considered to offer the best value for the money. For full details, see listing under "Acceptable."*

*Fruit of the Loom. 39¢. 1x1 rib.*

## ACCEPTABLE

*(In approximate order of quality)*

*Ward's Speed Cat. No. 484 (Montgomery Ward & Co.). 69¢ plus postage. 1x1 rib.*

*Fruit of the Loom (Fruit of the Loom Inc., Providence, R. I.). 39¢. 1x1 rib.*  
*Reis Scandal (Robert Reis & Co., NYC). 60¢. 1x1 rib.*

*Jockey (Cooper's Inc., Kenosha, Wisc.). 60¢. 1x1 rib.*

*Sears' Pilgrim Nobility Cat. No. 5107 (Sears, Roebuck & Co.). 65¢ plus postage. A 1x1 rib on the front and back with a fancy mesh and a 1x4 rib on the sides. Crotch has a lastex insert.*

*Club Fellow (Marshall Field & Co., Chicago, Ill.). \$1. A 2x2 rib on the side, with a 1x1 rib on front and back.*

*Macy's Kempton (R. H. Macy & Co., Inc., NYC). 69¢. 1x1 rib.*

*Carter's (William Carter Co., Needham Heights, Mass.). 60¢. 1x1 rib.*

*Wearite (W. T. Grant Co., NYC). 35¢. 2x2 or 1x1 rib.*

*Wilson's Cutaways (Wilson Bros., Chicago, Ill.). 65¢. 2x2 rib.*

## NOT ACCEPTABLE

*The following shorts were considered to be "Not Acceptable" because of excessive skimping in size dimensions.*

*Mr. Trent (Hale Bros.). 65¢. 1x1 rib.*

*Penney's (J. C. Penney & Co.). 35¢. 1x1 rib.*

*Wedgefield (S. S. Kresge Co.). 29¢. 1x1 rib.*

*Le Savoy (F. W. Woolworth Co.). 25¢. 2x2 rib.*

*Otis (Otis Underwear Co.). 45¢. 1x1 rib, or a combination of 2x2 and 1x2 rib.*

*Leeds (Schulte Cigar Stores). 35¢. 1x1 rib.*

# HOW TO BUY A SUIT

*What to look for in fit, workmanship, construction details, lining and fabric to get a good buy in a suit, and how to take care of the suits you have to insure maximum life*

A perky bow or an unusual style may overshadow poor fabric or poor workmanship in a woman's dress. But men's styles are fairly standardized, and in a suit, it's the fit, the construction and the quality of the cloth that count.

Buying a suit that fits well isn't just a matter of vanity; good fit is essential for maximum durability. And the need for getting as much wear as possible from a suit of clothes must be emphasized in these times. Not only are textiles on the critical list of materials needed in the war effort, but the suit you get now is apt to be far better than the one you'll be able to buy next season. By next Fall it is expected that most of the suits on the market will be blends of wool with other fibers in place of 100% wool.

Because of the present unstable condition of the market no specific lines or companies are recommended here. CU can only advise you to buy carefully and to use the suggestions in this article as guides to quality.

There is one point that should be kept in mind. The General Maximum Price Regulation issued by the Office of Price Administration and subsequent price regulations, provide that if a store sold a certain grade of suit last March, it may sell inferior merchandise now only at a proportionately reduced selling price. What this means, in effect, is that if you buy a suit for \$30 from the John Jones Company, that store is obligated to sell you merchandise as good as what was sold for \$30 during March 1942. Should you at any time find a store that violates this ruling you may sue



under the provisions of the General Maximum Price Regulation and if the violation is proved you are entitled to an award of \$50 or three times the amount of the overcharge.

The amount you should pay for a garment depends first of all on what you can afford; but remember that a very cheap suit is not worth buying, regardless of price. In today's market, suits (other than tropical weights) selling for less than \$22.50 are, for the most part, badly made with poor materials. Paying a few dollars more may result in an increase in wearability and appearance out of all proportion to the difference in price. Beyond \$50 you get very little extra in the way of serviceability; rather, you are getting the extra luxury and better appearance of hand tailoring.

There are different grades of workmanship in made-to-measure garments just as there are in ready-made suits, but remember that a "made-to-measure" garment is not necessarily "hand-tailored." The term "made-to-measure" is just what the name implies, i.e., the cutting pattern is altered to conform to the shape of your body and you may get a fitting before the suit is finally put together. But it may or may not be entirely or even partially tailored by hand.

If you have the type of figure that is easy to fit, ready-made clothes generally offer better values.

#### ALTERATIONS

On the other hand, a large percentage of consumer complaints result from incorrect fitting of garments when they are purchased. Therefore, if you find it impossible to be fitted with a ready-made garment without extensive alterations, it may be more economical in the long run to pay the higher cost of made-to-measure clothing. Any ready-made garment that requires extensive altering is not worth buying, regardless of price.

Generally it is better to alter from a larger size to a smaller size, rather than from smaller to larger. This is a *must* so far as rayon and other synthetics are concerned, because needle holes show on this type of clothing when seams are let out. And in any fabric there is danger that the seams will fray if they become too skimpy. Perfect fit is preferable of course but it is well to remember that a garment that is a little too roomy will look better and wear better than one that is too tight. Tight-fitting clothing is sure to wear poorly. This is especially so if the tightness occurs at points of

strain or friction, such as under the arms, at the crotch, seat of the trousers, or seams.

#### JUDGING FIT AND WORKMANSHIP

Unfortunately for the consumer, there are many important items in the making of a suit that cannot be seen, nor can their quality be measured by the layman. These include body lining, sleeve lining, under-collar cloth, canvas, pocketing, sewing thread and buttons. Unless you buy in a one-price store, it might be helpful to ask to be shown lower and higher priced garments than the one you contemplate purchasing. In this way you will at least have some basis for comparison.

There are a number of important points of fit and workmanship that the purchaser of a suit can look for.

#### JACKET

A jacket that requires more than minor alterations (insertion or removal of shoulder padding, lengthening or shortening of sleeves, raising or lowering of collar, etc.) should not be purchased. Any other shoulder, armhole or collar alterations will probably throw the coat out of balance, so that there will always be a feeling of poor fit, unless it is done by an expert fitter. Expert alterations of this sort are costly; either a high charge is made for them or else the suit is priced at a margin of profit high enough to cover them.

Before putting it on, spread the jacket on a table. It should not lie completely flat, but should show the "drape" of the coat. The front of the coat should be soft, not stiff.

When trying on the jacket, you should see how it fits before you button it. Sometimes unnecessary and harmful alterations can be avoided merely by moving the buttons.

Look for these points on the jacket:

The lapel edges should tend to curl down, not up. The collar should cling snugly to the neck and shoulders, with no puckering along the crease line. The sleeve vent (the slit of the sleeve at the wrist) should not curl out. The edges of the coat should be straight and parallel and should not curl; the machine stitching here (if the coat has a stitched edge) should be as close to the edge as possible. Avoid cheaper garments with an unstitched edge. All edges should be thin on a good garment. Poorer suits, which have several thicknesses of material at the edge, will be stiff and will not drape properly. The pockets should

not gape open or lap over, and the flaps should lie flat at the corners.

**LINING.** The lining of the coat should be loose, so that it does not pull the outer cloth and spoil the drape of the garment. But it should not be so loose that it is bulky. The yoke lining (across the shoulders) should be full, not strained. The sleeve lining should be set in smoothly, without puckering, with close even hand stitches.

**INNER POCKET.** On a good garment the inside breast pocket should extend beyond the lining and into the facing of the cloth.

**STITCHING.** Hand sewing of many details by a skilled tailor is preferable to machine stitching, and a garment so made is worth a higher price. This is not because hand sewing is stronger; rather, because it is a sign that the garment was basted and put together with greater care. Machine stitching is stronger than mediocre hand work. However, the layman will often have trouble distinguishing hand sewing from some types of machine sewing; he may also be misled by hand sewing in one or two places on a garment that was actually made with little care. But in general a suit with the lining machine felled at the shoulder (so-called closed shoulder) and at the sleeve bottom is less desirable and should be less expensive than one hand felled at these points.

It is much more important, and simpler for the layman to judge the quality of the stitching, regardless of whether it is done by hand or machine. It should be straight, smooth and flat. The stitches should be small and regular, as inconspicuous as possible.

**BUTTONHOLES.** Handmade buttonholes are better than machine made ones only if they are soft. Too stiff a buttonhole, whether made by hand or machine, spoils the drape of a coat.

**SEAMS** should be sewed straight. If seams are not firmly pressed open, you can be sure the suit is of poor quality. Seams should lie flat and be inconspicuous from the outside.

**PRESSING.** There should be no shine on the outside from the pressing, nor any impression marks of seams or lining. Skill used in pressing during construction will affect the flatness of the seams and edges of the suit.

**BUTTONS** should be sewed with at least four single strands of thread through each hole. They should have

a long neck with plenty of smooth, regular winding. The cloth should not pucker where they are attached. If they are sewed onto a thin or loosely woven fabric, each button should be backed either by another button or by a concealed cloth stay.

#### PANTS

**LINING.** On the highest priced garments the lining is felled to the waistband by hand to provide smoother fit. In any case the lining should not be skimpy. The lining material should be of good quality with a soft feel.

**POCKETS** should be of generous depth and width. They should not gape open. The raw edge of the lining should be inside the pocket; the lining should be of strong material.

**BUTTONS.** Machine sewed buttons on pants are considered stronger than hand sewed ones.

**BELT LOOPS** should be securely tacked at top and bottom. This is preferable to having them turned into the top of the waistline for reinforcement. They should be strong and smooth.

#### VEST

**LENGTH.** It is important to have the vest long enough both in back and in front. It should cover the trouser top in back so that the shirt doesn't bulge out between vest and trousers. The vest should cover the belt buckle in front, or if suspenders are worn, it should cover the belt loops.

**BUTTONHOLES** are machine made on most vests except those of the highest priced suits. It is difficult to distinguish good handmade from good machine made buttonholes, but mediocre ones of either sort are easy to identify.

**NECKLINE.** Better vests have the neckline hand finished both front and back. The neckline should be well enough fitted so that it doesn't show above the collar of the suit, and doesn't drop below the bottom of the shirt collar.

#### FABRIC

Fabrics woven of wool fall into two main classifications: worsteds and woollens. Some part-wool fabrics, containing spun rayon or cotton or both, resemble worsted yarns in appearance. Fabrics made from such yarns are most commonly used in the manufacture of Summer clothing and slacks, but they are used in Fall and Winter suits too.

## Victory Models

Men's suits now being manufactured are subject to certain restrictions laid down by the War Production Board in order to conserve cloth.

No double-breasted suits may be made with matching vests, and no suits may be made with two pairs of trousers.

The length of the jacket is restricted. Also, it may not have patch pockets of woolen cloth, nor may it be made with a belted or other type of fancy back that calls for extra pleats, tucks or fullness.

Trouser dimensions are limited. They may not have cuffs, and the turnup at the bottom must not be more than three inches. Pleats or tucks in woolen trousers are forbidden, as are belts or half belts made of wool. Belt loops are limited to  $\frac{3}{4}$  inch in width.

No vests are permitted to be made with patch pockets, collar or lapels, nor may they be made in double-breasted style.

The principal difference between worsted-type and woolen-type cloth is that the yarns of the former are put through two extra processes called "gilling" and "combing." These processes parallel the fibers and comb out those which have short staple length. The worsted-type fabric has a smoother and firmer hand (feel) than the wool-type, which is softer and often more fluffy. Neither type of cloth need necessarily have a 100% wool content. The following lists show the general types of cloth made on each system.

**WORSTEDS.** *Serge, gabardine, whipcord, elastique, semi-finished worsted, unfinished worsted, clear-finished worsted, worsted cheviot, worsted flannel, doeskin, sharkskin.*

**WOOLENS.** *Shetland, tweed, covert, wool cheviot, wool flannel.*

If long wear is the most important consideration, worsted fabrics, on the whole, are more satisfactory. This is especially true of clear-finished worsteds and serges (serge is a solid colored clear-finished worsted without decoration) as compared to woolen goods. The stout man will wear through tweeds, shetlands and similar fabrics very quickly unless the garment fits perfectly. The trousers especially must be roomy, or poor wear

can be expected regardless of the quality of wool and the construction of fabric and garment.

Finer wools are more expensive but do not necessarily give better wear. The character of the wool and the way it is processed determine the length of service. The factors to be considered are type of wool, fineness and ply of yarns, twist of yarns, threads per inch, weave, decoration of fabric, finish of cloth, weight of fabric, and fastness of dye-stuff. These considerations can be fully weighed only by an expert, but some guides can be used by the layman.

#### WHAT TO LOOK FOR

The "Wool Products Labeling Law" requires that a label describing the fiber content of the cloth used be placed on all fabrics containing 5% of wool or more. Be sure to read the label before making a purchase. Under this law, the term "wool" is defined as virgin wool or wool from the sheep's back that has never been processed or used before. Reprocessed and reused wool are the other two designations used. Thus, a label might read 50% wool, 25% reprocessed wool and 25% reused wool. Another label might read 40% wool, 20% cotton, and 40% reused wool, etc. In other words, all the fibers used in the making of the fabric are listed along with the percentages of each. If this label is missing on any garment sold as wool, the Federal Trade Commission in Washington should be notified immediately. Good grades of reprocessed or reused wool are sometimes superior to poor grades of virgin wool, but since you can't discern the differences in character and grade of wool, it will be safer for you to favor those fabrics that have a higher percentage of virgin wool. Fabrics made on the worsted system may have fibers other than wool present, but they do not contain any reused or reprocessed wool. Thus, if you see either of these designations on a label, you will know that the fabric is a woolen cloth and not a worsted.

Fineness or diameter of yarns sometimes can give some indication of the quality of wool. Threads appearing to have a thick diameter may or may not contain a high grade of wool, but threads having a fine diameter require a higher quality wool in order to be spun. Wool yarns usually are not plied or twisted together. Worsted yarns, on the other hand, usually have two threads plied in the



warp (length) and are either single or two ply in the filling (width). Plied yarns wear better than yarns not plied. There are a few fabrics made that are three-ply in both warp and filling. These cloths give exceptionally good wear, and suits made from them usually keep their shape very well. Take a thread from the bottom of the pants or from the seam and try to untwist it to see if it is plied.

Yarns that are twisted tightly are likely to make strong cloth. If a fabric has a firm, smooth surface, that is usually a sign that the yarns have a high twist. These include serges, whipcords, worsted cheviots, worsted twists, some gabardines, and a few tweeds. Only tweeds that have these characteristics are worth buying.

Cloth that feels sleazy is apt to wear poorly. You can also test the weave by holding the fabric up to the light. If it permits a considerable amount of light to pass through, it is apt to give poor service. This should be watched on woolen fabrics.

A loose weave sometimes imparts a sleazy or "mushy" feel to cloth. If rough fabrics are used, see that the cloth is not loosely woven.

Decorative yarns are usually rayon. They add nothing to the wearing qualities; raised or corded decorations impair serviceability. When the decoration wears through, the garment may have to be discarded even though the ground cloth and the suit itself are not worn out. Beware of styles that are heavily decorated. They cost more and give less wear.

The way a cloth is finished depends on the type of cloth. Unfinished worsteds have a high nap which eventually wears off. This type of cloth does not shine readily but picks up lint and dirt easily. On the other hand, clear-finished serges that have no nap or "cover," shine very readily. Most woolen fabrics have a nap or fuzzy surface. Be cautious of woollens that have no nap or a very high nap. The former may wear through quickly, while fabrics with a very high nap or fuzzy appearance may form little "pills" of wool which cling to the surface and look unsightly.

No factor in cloth is more important than fastness of the dye-stuff. Any fabric that fades for any reason is a poor buy regardless of price. You will not be able to determine whether or not a cloth has been properly dyed, but you need have no hesitancy in returning a suit on which face fabric or lining has faded and demanding a refund or replacement.

## CARE OF SUITS

Like a chain which is no stronger than its weakest link, a suit will be only as serviceable as its weakest part. Abuse of a garment, regardless of how fine the materials and workmanship may be, will insure poor service. The following rules, if abided by, will help you to obtain maximum wear:

1. *Do not wear a suit more than one or at the most two days in succession.*

2. *Clothes should be hung neatly on hangers when not being worn.*

3. *Moths prefer dirty clothes. Keeping yours brushed and clean helps to keep moths away.*

4. *Missing buttons, tears, holes, etc., should be taken care of immediately. Irreparable damage often results when they are neglected.*

5. *Do not put heavy or bulky objects in pockets.*

6. *It is not good practice to keep clothing in a dark warm closet for long periods of time. It should be aired in sunlight periodically if not worn regularly.*

## GUARANTEES

This report would not be complete unless mention were made of guarantees and claims offered by retailers. Claims are meaningless unless they are backed by written "time" guarantees and unless the store stands behind its guarantees. For example, a certain Mid-Western company issues a specific guarantee which states that a garment will wear for a certain length of time. The customer is the sole judge as to whether he has received satisfactory wear during this period of time. If he should be dissatisfied he is given a full refund.

The term "laboratory-tested" is in itself meaningless. Some companies conscientiously test the materials that go into the making of a suit to guard against seconds or inferior merchandise. On the other hand there are some companies which make a few meager tests and then represent large quantities of garments as being "laboratory-tested." It should also be noted that inferior materials can be "laboratory-tested." It is wise to disregard this term completely unless the nature of the tests and the standards used are stated specifically.

# POLISH FOR YOUR SHOES

*... can preserve leather and protect it against the ravages of dirt and moisture. CU rates cream and liquid type polishes*

The time to start using polish on a pair of shoes is when the leather is new, soft and clean. And it is worth while to continue using it regularly, since good shoe polish preserves leather and serves as a protection against the ravages of dirt and moisture. The shine that proper polishing imparts to a pair of smooth leather shoes is important, of course, but less important than the protective and preservative action of the polish. (This article deals only with polishes for smooth leathers, not suedes, patent leather or white shoes, which require different treatment.)

An efficient shoe polish is one that spreads to a thin layer of protective wax on the shoe, dries smooth with no bumps or streaks and can be buffed to a high shine. Scuff marks should be removed from the leather in the process of applying the polish.

The usual custom of waiting until

after a rainy day to shine shoes may save a little work, but otherwise it's a very unsound practice. For no coating of wax can prevent water from damaging leather if it is applied after the leather has become wet; to get the benefit of the polish's protective action shoes should be shined before they are exposed to moisture. What you should not do is to polish the shoes while they are wet. Instead, stuff them with newspaper, or use shoe trees if you have a pair that will not distort the shoes, and allow them to dry away from heat and sunlight. When they are dry, rub the uppers and soles with castor oil and allow them to stand. Then remove the excess castor oil and polish the shoes.

The proper procedure for a good shine is first to clean the shoes with neutral polish or saddle soap. Then if you are using paste wax, apply it in a thin layer; buff it first with a

brush, then with a cloth. If you use liquid wax, apply it with an applicator (one usually is supplied with the product) in an even, thin layer and allow it to dry. If a higher shine is desired, buff the shoes after the polish is dry.

#### TYPES OF SHOE POLISHES

**PASTE WAXES**, packed in flat metal cans, have been the most widely used and the most economical of all shoe polishes. They are a combination of hard and soft waxes plus dye. They are dissolved into paste form in a solvent like kerosene or turpentine. The hard wax forms the desired protective coating and buffs up to a high shine. The soft wax makes the polish easy to spread. The dye is useful to cover scuff marks and renew the color of the shoes. The solvent blends the mixture into a uniform paste that spreads evenly and smoothly.

Because of wartime restrictions, metal containers for paste waxes are no longer available, and manufacturers seem reluctant to shift to glass ones. The few who have changed are charging much more than is warranted by the difference in cost of packaging. Because paste waxes may become increasingly difficult to get, CU has tested cream and liquid polishes. CU has not included paste waxes in its present ratings because it was impossible to obtain a complete line of them for testing, either in tin or in glass. However, a few samples were tested and compared in quality with the other types of polish available. These tests showed that where paste polish can still be found in tins selling at 10¢ or so a package, it is likely to be a "Best Buy."

**NEUTRAL CREAM POLISHES** derive their name from their creamy color and consistency. They polish but neither darken nor stain a shoe. They are used most widely for natural colored leather or reds, greens or blues.

Like the paste polishes, the principal ingredient of neutral creams is a mixture of hard and soft waxes, dissolved in an organic solvent. But the cream waxes also contain water. Therefore another ingredient, usually soap, is included to hold the water-insoluble wax particles and the water together in the form of an emulsion. The more wax the cream contains and the higher the melting point of the wax, the more efficiently it will polish.

Originally all cream polishes were made up as a smooth paste packed in

a collapsible metal tube. But long before there was a shortage of metals many manufacturers reduced the wax content of their product, making a thinner cream which could be dispensed from bottles. Both types of packaging can be had today; in fact, some brands are sold both in tubes and in bottles. The relative efficiency of available products is noted in the ratings.

**LIQUID POLISHES** are among the oldest known. They are made in various colors but chiefly in black and brown. In their original form, they were solutions of shellac and dyestuff in alcohol, ammonia or borax. They were applied with a dauber and needed no rubbing. But they were not very efficient, because they did not adhere well. The liquid polish of today is much improved. Its composition is much like the liquid floor wax known to every housewife — hard wax (Carnauba, Ouricuri or Candelilla) in water, emulsified or held together by soap. Soft wax is not needed as a spreading agent, since soap distributes the finely divided particles of hard wax uniformly throughout the mixture.

Like cream polishes, the efficiency of a liquid polish depends on the amount and the hardness of the waxes present. But like certain no-rub floor waxes, liquid polishes protect only as long as they are kept dry, because emulsions of this sort are soluble in water. It is possible to make a waterproof liquid polish by using certain soaps as emulsifiers. While this method is fine for floor polishes, it has a definite drawback for leather polish. Since there is no solvent like turpentine or kerosene present to redissolve and spread the wax, there is danger of building up too much wax on the shoe. This tends to make the leather brittle so that it may crack at points of flexing. None of the liquid polishes CU tested was waterproof. If you encounter a brand that is, CU advises against buying it unless you are willing to clean the shoe with some wax solvent before polishing.

**SCUFF POLISHES** consist mainly of dyestuff in a solvent. Most of them contain no wax and should be purchased only when a dye is needed to cover scuff marks. A few, notably *Dyan-shine*, do contain small amounts of wax. Since scuff polishes are sold interchangeably with other liquid polishes, they are grouped with them in the ratings.

Polishes in each group were tested

for amount of total solids, amount of wax present and its resistance to water, and the hardness of the wax as determined by its melting point. The melting point was determined by using a special apparatus, recommended by the National Bureau of Standards, which determines the melting point of waxes under a definite pressure. This method is believed to provide a more accurate measure of the hardness of the wax than methods generally used.

## LIQUID POLISH

### BEST BUYS

*The following polishes of the "Acceptable" list were judged to offer the best value for the money in the order given. For full details see listings under "Acceptable."*

**Shinola Black Jet-Oil.** 10¢.

**No-Rub Shoe Tan.** 8¢.

**No-Rub Shoe Black.** 8¢.

### ACCEPTABLE

*(In estimated order of quality. The price in parentheses is the price per fluid ounce)*

**Shinola Black Jet-Oil** (Hecker Products Co., Indianapolis, Ind.). 10¢. (3.2¢).

**No-Rub Shoe Tan** (Wilbert Products Co., NYC). 8¢. (3.2¢).

**No-Rub Shoe Tan** (Wilbert Products Co.). 8¢. (3.2¢).

**Swagger Brown Liquid Shoe Wax** (American Products Co., Reidsville, N. C.). 18¢. (6.0¢).

**Shinola Black Liquid Shoe Polish** (Hecker Products Co.). 10¢. (4.0¢).

This is apparently similar to the black *Jet-Oil* listed above, but a smaller bottle.

**Shinola Black Shoe Creme** (Hecker Products Co.). 10¢. (4.0¢).

**Shulife Black Shoe Wax** (Sears, Roebuck & Co.). 10¢ plus postage. (5.0¢).

**No-Rub Shoe Brown** (Wilbert Products Co.). 8¢. (3.2¢). Contains less wax than the tan or black of the same manufacturer.

**Oil-Glow Black Self Shine Shoe Polish** (Barton Mfg. Co., St. Louis, Mo.). 10¢. (4.0¢).

**Whittemore's Bostonian Brown Shoe Cream** (Whittemore Bros. Corp., Cambridge, Mass.). 25¢. (7.1¢).

**Griffin A-B-C Black Liquid Wax** (Griffin Mfg. Co., Brooklyn, N. Y.). 10¢ (5.0¢).

**Barton's Black Dyanshine** (Barton Mfg. Co.). 25¢. (7.1¢). A combination polish and shoe dye. It differs from most shoe dyes in that it contains an average amount of wax and from other polishes in that it contains an organic solvent.

**Whittemore's Bostonian Black Shoe Cream** (Whittemore Bros.). 25¢. (7.1¢).

**Shinola Brown Jet-Oil** (Hecker Products). 10¢. (3.2¢).



**Shinola Brown Liquid Shoe Polish** (Hecker Products). 10¢. (4.0¢). This is apparently the same as the above but a smaller quantity at the same price.

**Barton's Nut Brown Dyanshine** (Barton Mfg. Co.). 25¢. (7.1¢). A combination polish and shoe dye similar to the *Black Dyanshine* above.

**Oil-Glow Brown Liquid Shoe Polish** (Barton Mfg. Co.). 10¢. (4.0¢).

**Swagger Black Liquid Shoe Wax** (American Products Co.). 18¢. (6.0¢).

**Cavalier Brownie Leather Renew** (Cavalier Co., Baltimore, Md.). 25¢. (8.3¢). This is to be used mainly to cover scuff marks but it does contain a small amount of wax.

**Whittemore's Black Gilt-Edge Shoe Polish** (Whittemore Bros.). 25¢. (7.1¢).

*The following appeared to contain no wax and should be used only as a shoe dye. Listed in order of increasing price per fluid ounce.*

**2 in 1 Black Liquid Shoe Dressing** (2 in 1 Shinola-Bixby Corp., Indianapolis). 8¢. (3.2¢).

**Griffin Black French Shoe Dressing** (Griffin Mfg. Co.). 10¢. (4.0¢).

**Shinola Black French Dressing** (Hecker Products). 10¢. (5.0¢).

**Griffin Black Dye** (Griffin Mfg. Co.). 10¢. (6.7¢).

**Griffin Brown Dye** (Griffin Mfg. Co.). 10¢. (6.7¢).

## NEUTRAL POLISH

### BEST BUY

*The following polish of the "Acceptable" list was judged to offer the best value for the money. For full details see listing under "Acceptable."*

**Swagger Neutral Liquid Shoe Wax.** 18¢.

### ACCEPTABLE

*(In estimated order of quality. The price in parentheses is the price per fluid ounce)*

**Swagger Neutral Liquid Shoe Wax** (American Products Co., Reidsville, N. C.). 18¢. (6.0¢).

**Barton's Dyanshine Neutral Polish** (Barton Mfg. Co., St. Louis, Mo.). 25¢. (7.1¢).

**Oil-Glow Neutral Liquid Shoe Polish** (Barton Mfg. Co.). 10¢. (4.0¢).

**Cavalier Kid and Calf Neutral Leather Creme** (Cavalier Co., Baltimore, Md.). 25¢. (8.3¢).

**Premier Neutral Shoe Creme** (Premier Dye Co., Brooklyn). 25¢. (6.3¢).

**Shinola Neutral Leather and Shoe Cream** (Hecker Products Co., Indianapolis). 10¢. (4.0¢).

**Griffin Neutral Shoe Lotion Cream** (Griffin Mfg. Co., Brooklyn). 10¢. (6.7¢).

**Cinderella Neutral Leather Cream** (Everett and Brown Co., Providence, R. I.). 50¢. (10¢).

# CARE AND REPAIR

## ELECTRIC REFRIGERATORS

It is now many months since WPB ordered the freezing of wholesale stocks of mechanical refrigerators and stopped their production. The stock of new refrigerators available for civilian use is dwindling; therefore CU advises you to take exceptionally good care of your present refrigerator, for it may have to last a long time. If it needs repair from time to time, have this done promptly. It might be a good idea to start now to locate possible repair facilities, in case you need work done quickly.

**LOCATION IN YOUR KITCHEN.** Within the limitations of space available in your kitchen, it is well to reconsider the location of the refrigerator, for its life may be prolonged and its operation made more economical if it is well away from the stove, radiator, and direct sunlight. It should have at least three inches of air space at the back, with a minimum of six (more is better) inches of clear space above.

**DEFROSTING AND CLEANING.** This should be done often; once a week is advisable, and if it is done regularly the habit is easier to establish. The instructions of the manufacturer should be followed. If there is never more than one-quarter inch of frost on the unit, the cost of operation will be reduced and the life of the refrigerator will be lengthened. When defrosting, be sure that the drip tray is empty and in place to catch the water as it melts. Removing freezer trays, especially if there is ice in them, hastens defrosting. When the refrigerator is completely defrosted, take everything, including shelves, out of the box, then wash the inside of the box with lukewarm water to which either baking soda or tri-sodium phosphate has been added (1 teaspoonful to a gallon of water). Do this as often as is necessary to prevent odors and to keep the interior clean. Be sure to wipe the inside—the freezing unit as well as the box—dry with a clean cloth.

Complete the cleaning job by washing the outside of the box with a

mild soap, and wiping it dry. Every three to six months, clean the condenser (the flat plate, coils or radiator which releases the heat taken from the food compartment into the outside air) with a stiff brush or the dusting tool of a vacuum cleaner. It may be at the back of the refrigerator or in the motor compartment. If the condenser consists of coils or a device similar to an automobile radiator, it needs cleaning more frequently than a flat plate condenser. Dust and lint on the condensing coils greatly lower the cooling efficiency of the box and cause the motor to operate overtime. Dirt and dust on the condenser are a common cause of excessive motor operation in warm weather. Always disconnect an electric refrigerator before touching the condenser.

If anything is spilled in the refrigerator, wipe it up immediately for acid foods may ruin the porcelain finish (glaze). The refrigerator should be kept scrupulously clean, and only clean containers and food bags should be used to store food in it.

**PREPARATION OF FOOD.** Use tightly covered refrigerator jars or similar containers for foods which either emit or absorb odors, and for foods which must be kept moist. Use oiled bags and bowl covers wherever they are needed. Never use a larger container than you need since extra cooling energy will be required to cool it. It is well established that fresh fruit and vegetables should be kept in a tightly covered bin or hydrator, or in the compartment designed for them in your refrigerator. Eggs are practically the only food that may be stored without a cover or container. Always let food cool to room temperature before putting it into the refrigerator. Transparent dishes and bags will save time in taking things out of the refrigerator because you can see what is stored.

It is wise to arrange foods on the shelves so that the meat, milk, butter, and anything else subject to easy spoilage are in the coldest place, that is, under or next to the cooling unit.

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If you have a thermometer, use it not only to check the temperature but to find the coldest part of the box.

Care should be used in storing fresh meat so that there will be some air circulation over it. Bacterial action on unfrozen meat in a refrigerator is more rapid on surfaces not exposed to air circulation. Meat stored in or right under the freezing unit will keep best, but unless it is frozen, it should be unwrapped.

One loaf of bread in an oiled sack designed for the purpose and coffee in a tightly closed container (a jar is good) will keep much better in the refrigerator than in the cupboard. Don't clutter up the refrigerator with unopened cans or things like pickles, jelly or marmalade that will keep perfectly well at room temperature.

Remember that the moisture evaporated from food or spillage in the refrigerator settles on the freezing unit in the form of ice.

**COLD CONTROL AND ICE CUBES.** Keep the refrigerator only as cold as necessary. This will depend on the season and whether or not you are making ice cubes or frozen desserts. The recommended temperature for the milk compartment is not over 45°, for the rest of the box not over 50°. Keeping it colder than you need is uneconomical and wears out the motor because it has to operate unnecessarily. It is important to reset the temperature control promptly after quick freezing.

Make only as many ice cubes as you need, and never throw away any that you do not use. The motor works hard to make ice cubes, and it is economical of both wear and electricity to use them sparingly. Never pry the ice cube tray out with a sharp instrument; this may injure the unit.

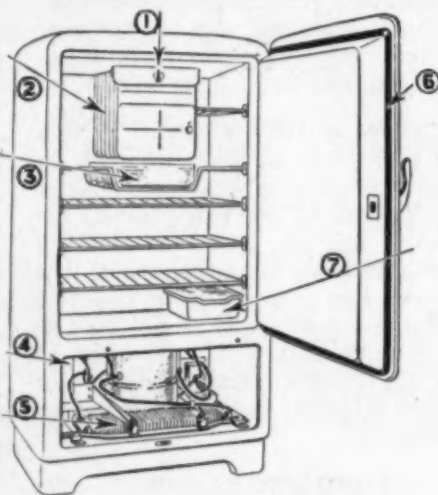
Ice cube trays should be washed thoroughly between usings; rubber trays should be washed with lukewarm, never hot water.

**OPENING THE DOOR.** If you open the refrigerator longer than is necessary, or if you open it too often, the motor will have to work just that much harder to remove the heat that you let in. To lengthen the life of your refrigerator, plan to open it as few times as possible during the day, and to keep the door open as briefly as possible. It is poor economy, however, to keep things out of the box any longer than necessary, since the container and the contents both absorb heat. For example, take out a milk

bottle, fill the glasses, and put the bottle back at once; do not leave it on the sink or the table until the meal is over.

**DOOR.** You must inspect your box and make sure that the door fits snugly and does not leak air. Check the gasket (the rubber seal around the door), and if in doubt about either the door or the gasket, call in the service man for inspection. Oils and greases, even the small amount on one's hands, will ruin rubber gaskets in a few years. Clean the gasket occasionally; when it begins to fail, turn the gasket over (top to bottom) and, if possible, remove the cause of the injury to the rubber.

To see if the gasket fits tightly, try



1. Temperature control; 2. Evaporator or freezing unit; 3. Drip tray; 4. Motor compartment; 5. Condenser; 6. Rubber gasket; 7. Vegetable crisper

inserting a piece of paper the size and thickness of a new dollar bill, then closing the door. If the paper pulls out easily, the gasket is not tight enough. An opening of only  $\frac{1}{64}$  of an inch at the top and bottom of the door, between the gasket and cabinet or door frame, can greatly increase the running time of the motor. Sometimes tightening the hinges of the door may make the gasket fit better.

The strike plate (the metal plate on the door into which the lock catches) can be adjusted on many refrigerators so that when the door is latched the gasket will be tight.

**MOTOR OPERATION.** The newer refrigerators should maintain proper temperatures operating less than one-fifth of the time. Some of the older models must operate a little longer.

Try to find out what the operating time of your box should be either from the manufacturer, a service man, or in literature that came with the box, and check to make sure that the operating time is about normal. You can do this if you are working for several hours in the kitchen or nearby where you can watch the time. The service man can do it with a clock designed for the purpose.

If your instructions call for oiling the motor, follow these carefully. Disconnect the refrigerator before you do the job. Hermetically sealed units require no oil, unless it be on a motor for an auxiliary fan.

**MOTOR MAINTENANCE.** If the motor is non-sealed, you can determine whether or not the bearings are loose by taking hold of the shaft or pulley and trying to move the shaft from side to side. After the motor has run for a minute, the oil should fill the sleeve bearings enough to prevent noticeable side motion of the shaft in either bearing. Ball bearing motors should have no side play at any time. Some ball bearings are intended to be lubricated with grease, but it is possible to cause them to heat by lubricating them too much. If too much grease is forced into the bearing enclosure, it obstructs the clear channel of the balls with the result that the grease is continually churned, a process which requires energy and develops heat.

Removing the dust and dirt regularly from non-sealed motors is very important. It would be impossible to overemphasize the necessity for keeping this type of motor clean.

V-belts should be kept tight enough so that they do not slip when the motor starts or stops. Slipping may ruin a V-belt in a short time. Oil and grease of any kind are ruinous to rubber belts.

**SERVICE MAN.** In these times it is difficult to find a good service man. You can judge something of the quality standards of the repairman you are about to hire by other satisfied customers, if you are in a position to find out about them. The willingness of the service man to set a definite price on your repair job and to guarantee the work for 30 to 90 days is a definite means of identifying a competent workman. Ceiling prices have been set on refrigerator repairs, and the willingness of the service man to show you these may indicate his reliability.



# HEALTH AND MEDICINE

HAROLD AARON, M. D., SPECIAL MEDICAL ADVISER

MEDICAL CONSULTANTS: **Dr. Anton J. Carlson**—Chairman, Dep't of Physiology, University of Chicago; Past President, American Physiological Society; **Dr. Theodor Rosebury**—Assistant Professor of Bacteriology, College of Physicians & Surgeons, and School of Dental and Oral Surgery, Columbia University; **Dr. Marion B. Sulzberger**—Ass't Professor of Clinical Dermatology and Syphilology, New York Post-Graduate Medical School, Columbia University; Editor, Journal of Investigative Dermatology.

CU's Medical Consultants give technical advice on matters of medicine which lie within their fields. CU is responsible for all opinions concerning social, economic and public health questions.

## FOOD FATS AND OILS

*Fats are excellent sources of energy, but no one type of fat is essential in the diet. This report discusses substitutes for butter and other foods that supply needed fat*

One-third of the butter fat produced in this country is being allocated to our armed forces and our allies, according to Food Director Claude Wickard. Since this amount cannot be replaced by increased production, consumers will have to do with much less butter during the coming months, even if rationing is begun immediately.

The restriction in butter comes as a reminder of the critical importance of food fats in war. Many of us remember the reports of serious malnutrition in European countries following sharp limitation or absence of certain essential foods, especially butter fat. The rapid increase of eye disease and blindness among Scandinavian children in 1917 stands out among these experiences. The absence of butter fat in the diet of these children and the vitamin A deficiency that resulted was chiefly responsible for these disorders.

Fortunately we know much more about nutrition than we did in the first World War. Biochemistry and clinical research have given us many new food concentrates and new ideas about commonplace foods, so that we need not suffer a lack of essential nutrients. Today we know that there is no one food that is indispensable in the diet.

Concerning food fats, there are some facts on which everyone agrees. Fats have the highest caloric value of all foods. It takes more oxygen to

burn them and they burn more slowly than other foods. Fats also take longer to digest than other types of foods. Because of their energy content (twice that of carbohydrates and proteins) and slow digestibility, fats will provide sustained energy over a long period of time.

### DIGESTIBILITY

"As to ease of digestion of different fats and oils, all experiments show that if the melting point of the fat is right (below body temperature) there is very little if any difference between different fats, natural or hydrogenated. . . ."<sup>1</sup> This includes all the common dietary fats and oils—cream, butter, lard (all varieties), oleomargarine, cottonseed oil, peanut oil, soy bean oil, etc. Consequently there is no significant difference in digestibility between animal and vegetable fats. When indigestion does occur, it is due to individual sensitivity to a particular fat, just as some people are sensitive to a particular dust or pollen.

It is a fact that "the only important difference between one fat and another is in the content of 'essential' fatty acids and of the fat soluble vitamins."<sup>1</sup>

Of the fat soluble vitamins, there are four known to have importance

in nutrition—vitamins A, D, K, and E. No single fat, animal or vegetable, is rich in vitamins K or E. Both can be obtained in adequate amounts from a well-rounded diet containing animal and vegetable foods—grains, vegetables, flesh foods and animal organs. Vitamins A and D are found in greatest concentration in the fish liver oils—cod, halibut, percomorph, etc.

Infants and children can get all the vitamin A and D they need from these oils or their concentrates or from preparations containing synthetic vitamins A and D. No single commonly used food fat is rich in vitamin D. However, adults can get the small amount of vitamin D they need from sunshine or a vitamin D fortified food such as vitamin D milk. Industrial workers who have no opportunity or resources, especially these days, to obtain adequate sunshine, should be encouraged either to drink a pint or more of vitamin D milk daily or to take a vitamin D concentrate (500-1000 International Units daily).

### VITAMIN A IN FATS

As for vitamin A, butter is the only natural edible fat commonly served that is a good source of this vitamin. But it is not the only source. It is relatively simple to obtain a sufficient amount of vitamin A from other foods such as liver and green and yellow vegetables. Furthermore, it is easy to fortify table fats with vitamin A to equal the vitamin A content of butter. This has been done with much of the oleomargarine on the market today. All oleomargarine should be so fortified.

"In this connection," says Dr. Anton J. Carlson in a statement published recently in the *American Journal of Public Health*, "I cannot refrain from recording my disapproval of the consequences of the trade fight of the dairy industry on the producers of wholesome margarines, whether these be mainly made from vegetable oils or from vegetable oils and animal fats, for this is a fight on our fellow-citizens with the lowest income." For their nutritional welfare, "we should not step up the price of the margarines by special taxes. . . . Such a wholesome food as good margarine can be produced and distributed at a lower cost than butter, and can be so fortified [with vitamin A] . . . as to be practically equivalent in nutritive value to butter. . . . In my judgment, this fight and the laws, state and fed-

<sup>1</sup> Letter to Consumers Union from Dr. W. R. Bloor of the University of Rochester School of Medicine.

eral, resulting therefrom, are not in the interest of adequate national nutrition and national defense." Consumers should start a fight of their own against such laws. That the laws have no nutritional justification is also borne out by studies on fatty acids of fats such as butter and oleomargarine.

#### FATTY ACIDS

It is well known that natural fats differ in the amount of "unsaturated fatty acids" present and that certain of the fatty acids (especially linoleic and arachidonic acids) appear to be essential for good nutrition. Although it is not yet known what specific disorders are caused in human beings by absence of essential fatty acids from the diet, there is no doubt they should be provided.

They can be obtained in adequate amounts from butter and other milk fats (cream, cheese) and from oleomargarine. Butter, however, has less of these essential acids than almost all other animal or vegetable fats.

Recently some investigations on other differences between butter and vegetable oils have been carried out at the University of Wisconsin. So far no conclusions can be drawn that would justify complete dependence upon butter fat for essential nutrient factors. Science has found no valid objection to the use of oleomargarine to replace butter completely in the diet.

Other fats besides butter and oleomargarine are also valuable. Peanuts and soy beans, for example, contain excellent fats, rich in essential fatty acids. Both are relatively deficient in vitamin A, but they have all the other virtues of good fats. Besides an adequate amount of vitamin A can be obtained from more liberal use of yellow and green vegetables and the organs of animals, especially liver. Much more use should be made of peanut butter, peanut oil and soy beans.\*

It is not so well known that cheese contains from 10 to 40% of butter fat, that the inner organs of animals (liver, brain, kidney and pancreas) have considerable amounts of nutritious fat, that fish flesh contains much nutritious oil and that even shell fish contains some valuable fat. Thus, persons who wish to reduce can eliminate all pure fats and oils from their diet and yet obtain from these so-

called protein foods a sufficient amount of the essential materials that are present in natural fats and oils.

Some pure fat in the diet, however, is desirable for giving foods greater palatability. Butter has been popular with Americans and many Europeans as a flavoring for vegetables, creamed dishes and desserts, but olive oil has been just as popular with Italian people. The acceptability of a fat as a spread or flavoring depends upon habit and past conditioning. There is no reason why butter should be the only food fat in the diet. There are many reasons why it can be replaced completely by other fats and foods.

## MEDICAL NEWS AND VIEWS

### Vitamins for Colds

Readers of *Consumer Reports* (see the *Reports*, February 1941) are familiar with the fact, often stressed in these columns, that vitamin preparations will not prevent colds. Recently three physicians of the Students' Health Service of the University of Minnesota completed another careful study on the subject, as reported in the *Journal of the American Medical Association* on December 19, 1942. They sought to find out whether there was a grain of truth in the claims that vitamins in excess of those obtained from a reasonably adequate diet can increase resistance to infections of the upper respiratory tract.

The doctors gave large doses of mixed vitamins and of vitamin C alone. One hundred twenty students were given a multiple vitamin preparation (*Hepicebrin*); 233 students were given vitamin C tablets of varying doses. For the former group, there was a control group of 120 students who unknowingly received sugar pills indistinguishable from the vitamin pills. For the vitamin C group there was a control group of 194 students who received sugar tablets indistinguishable from the vitamin C tablets.

The percentage of students who got colds was substantially the same in each of the four groups.

The conclusions of the authors, if

taken to heart, would save consumers millions of dollars spent in the purchase of vitamin preparations. "This controlled study yields no indication that either large doses of vitamin C alone or large doses of vitamins A, B<sub>1</sub>, B<sub>2</sub>, C and D and nicotinic acid have any important effect on the number or severity of infections of the upper respiratory tract when administered to young adults who presumably are already on a reasonably adequate diet."

### First Aid

One of the most important aspects of first aid is the splinting of fractures of the arms and legs and management of fractures of the neck and spine. There will be times during emergencies when no ready-made splints are available. Nor may there be at hand an adequate supply of flannel, muslin, gauze bandages, safety pins, rope and adhesive tape. These materials are not found in every car or home. But though desirable they are by no means essential. Adequate splinting can be achieved simply and effectively by using such things as may be at hand or close by. In short, the first aider must know how to improvise.

How to do this is taught in a color film—"Splint 'em Where They Lie"—produced under the auspices of the New York and Brooklyn Regional Fracture Committee of the American College of Surgeons. This film (16 mm. Kodachrome) may be borrowed by organizations from Dr. Milton Wilson of 1000 Park Avenue, NYC. The proper handling of fractures cannot be learned by reading or even by witnessing a single demonstration. But this film is a valuable aid for instruction.

### Fuel Oil Shortage

As a result of fuel rationing, many homes will not be as warm as they were previous winters. There may be some virtue in this, if living quarters were formerly overheated. But there is no virtue in the other extreme—rooms so cold as to be uncomfortable. Overheated rooms and cold rooms equally predispose a susceptible person to respiratory and other infections. The best temperatures are from 65° to 70°.

Sleeping in a room with windows wide open and cold blasts coming in may be heroic, but it doesn't promote resistance to colds or any other infectious disorder.

\* See Circular No. 384—U. S. Department of Agriculture—"Making & Using Peanut Butter." Price, 5¢.



# FOR THE PEOPLE

## Supreme Court clears way for better medical care

The United States Supreme Court has just upheld the conviction in the lower courts of the American Medical Association and its affiliate, the District of Columbia Medical Society; both were found guilty of restraining trade by blocking the activities of Group Health, Inc. in Washington, D. C.

The decision may well be regarded as a milestone in the struggle between progressive health planning and the forces of reaction in medicine. It is also a good omen for any American "Beveridge Plan" providing necessary medical and health services for the entire population.

Group Health was incorporated in 1937 with a membership of 900 government employees. By the end of 1940 its membership approached 7,000. It is a cooperative organization which aims to provide its members with complete health care, including hospitalization. Through a prepayment plan it arranges at nominal cost for medical and surgical examinations and treatments, surgical operations, obstetrical care and hospitalization. The dues come to about \$25 a year for adults, less for dependent children.

Group Health provides the services of general practitioners, specialists, registered nurses and technicians, who serve on its staff full time on a salary basis. Offices, equipment, laboratories and technical staff are shared by all. The doctors' salaries range from \$3,600 to \$7,500 a year, and each doctor is entitled to three weeks' leave of absence per year for graduate study, in addition to a two weeks' vacation.

The members as well as the doctors benefit from a system such as this. For the members it means that there is no reason for postponing needed medical care. And when serious illness strikes they don't have to face the choice of inadequate treatment or debt.

For the doctors the plan means an assured income without a complex fee system based on "what the traffic will bear." It also means freedom from the struggle to collect bills soon enough to pay expenses, including the expense of elaborate equipment and trained assistance.

It is fairly well recognized today by progressive health authorities that some kind of health plan must be made available to far larger portions of the population. Time and again it has been made clear that most American families receive inadequate medical care or none at all.

But progressive forces are by no means the only ones to be reckoned with. Among those most steadfastly opposed to what they term the "contract practice of medicine" has been a powerful nucleus of men in the American Medical Association. Refusing to recognize how small a minority of the population traditional private practice can reach, they have fought tooth and nail to maintain the status quo of private medicine. They have waged an intensive propaganda campaign to convince the public that "cut-rate service" meant inferior service, and that doctors on a salary would inevitably lower their professional standards.

In line with these tactics the reactionaries of the A.M.A., through the District of Columbia Medical Society, fought bitterly against the Washington Group Health plan from the moment of its inception. Failing in attempts to take legal steps against the plan, the A.M.A. resorted to coercion of physicians and hospitals which were cooperating with it. Doctors who participated in Group Health were faced with expulsion from the District of Columbia Medical Society, and any member of the Society who was called in for consultation by Group Health physicians was threatened with the same treatment. In addition, the A.M.A. succeeded for a long time in barring Group Health doctors and patients from Washington hospitals.

These brazen tactics of the Medical Societies finally brought the wrath of the law upon their heads. The United States Department of Justice brought charges that they had violated the Sherman Anti-Trust Act, that they were restraining free competition in the practice of medicine. In December 1938 a Federal Grand Jury indicted the A.M.A., two of its constituent societies, the Washington Academy of Surgery and 21 doctors.

The case first went to the Federal District Court in Washington. There the indictment was set aside on the grounds that the A.M.A. was a professional society, not engaged in trade and therefore not subject to the Sherman Act. The Justice Department appealed to the Circuit Court of Appeals, which reversed the decision of the lower court and ordered the case to be tried. The A.M.A. attempted to have the United States Supreme Court set aside this verdict, but the appeal was denied.

When at length the case went back to the District Court for trial, the jury found the A.M.A. and the District Medical Society guilty, and the court fined the former \$2,500 and the latter \$1,500. All the other defendants were acquitted.

But that was not the end. The A.M.A. appealed from this decision to the Circuit Court; the decision was upheld. The last stand of the A.M.A. was its appeal to the United States Supreme Court, whose decision in the case has just been made public. Upholding the verdicts of the two lower courts, the Supreme Court maintained that it was immaterial whether the doctors of the A.M.A. were engaging in a trade. They were attempting to block Group Health, Inc., which unquestionably was engaged in trade, and therefore had violated the Anti-Trust Act.

It would be foolish to think that this defeat, after more than five years of bitter court struggle, is going to change the minds of A.M.A. officials over night and cause them to smile upon group health. But they now are aware that they have no legal right to obstruct group health. This is a step, though a negative one, in the right direction.

More positive advantages can, however, accrue from the court's decision. Experience with existing group health organizations has already proved that a fixed salary does not impel doctors to lower their standards, and that lower rates to the individual need not mean inferior medical care. And now group health has been strengthened by the protection of the courts.

Now that the power of their reactionary leaders has been checked by the court, the less courageous physicians may be willing to face the larger problem in public health which group medicine is but one attempt to solve. The more alert members of the medical profession will recognize the court's decision as an indisputable sign that the trend of the times is sweeping medicine forward. And the wiser ones will join the trend.

# NEWS AND INFORMATION

## WHAT TO DO ABOUT TAXES

*CU's tax consultant discusses the present income tax law, tells you what types of deductions you may and may not make, shows you how to make savings, and offers suggestions for record-keeping*

With March 15th just around the corner, the great American problem is to find a way to pay last year's income tax. Everyone realizes that it is a patriotic duty to help shoulder the costs of the war. And so the average man is pulling in his belt and getting ready to meet his tax obligations.

But paying those income taxes is going to be mighty tough if you haven't any savings put aside. For Mr. Average Taxpayer is already shelling out 5% of everything he earns above \$12 a week for the Victory Tax. He is using 10% of his wage or salary for War Bonds. State, municipal and indirect taxes take another 10% of his income. Which means that a married man with two children and with an income of \$50 a week has to pay out \$11.90 every week for War Bonds, the Victory Tax and other taxes, before he can think of the family budget or his income tax.

The remaining \$38.10 must meet living costs that have gone up 25% since the war began in September, 1939. Therefore, in terms of pre-war purchasing power of the dollar, this money can buy only about \$30 worth

of goods and services. And yet this average man has to meet an income tax bill of \$117.40.

In plain dollars-and-cents terms that's the problem of the great majority of 50,000,000 individuals who have to fill out income tax returns this year. Most of them will be hard put to scrape up money for their income taxes without reducing their living standards to dangerously low levels, or stopping their purchase of War Bonds. And neither alternative would help the war effort.

What makes the tax problem even more acute is that the Treasury is planning to impose \$16,000,000,000 in new taxes over and above the \$35,000,000,000 that it will get during the 1943-1944 fiscal year. If this is done, something like one-third of the national income will go for Federal taxes alone; with state and municipal taxes the take will run over 40%.

That the money has to be raised cannot be questioned. But how it's to be raised is another matter. Somehow this gigantic load must be distributed far more equitably than it is at present. Corporations cannot be allowed, as they have been in 1942, to get off with profits, after payment of taxes, about 75% higher than in 1939. This accumulation of fat must be tapped if the war tax load is not to wreck the living standards of the low- and middle-income groups—families earning \$1,000 to \$5,000 a year.

A fair test of the new 1943 tax law will be this: does it reduce the profits of corporations to at least the recovery level of say 1934-1935 before forcing the mass of the people down to the lowest living standards of the depression? If it does not do this, if instead it puts a 10% sales tax on all articles of consumption, then it is manifestly unfair, and makes taxes an obstacle rather than an aid to the war effort. For workers and low-

salaried people cannot make their maximum contribution to the war if their living standards are forced below levels of good health and efficiency.

But this is in the realm of planning for the future. The immediate problem is to meet the income taxes that are due March 15th. Two steps, if taken immediately, would help prevent widespread hardship.

### HOW TO EASE THE TAX BURDEN

In the first place, income taxes should be put on a pay-as-you-go basis. Regular deductions from the pay envelope or the salary check are the only sound and sensible way of collecting such heavy taxes.

Secondly, to ease the burden for the low-income taxpayer, his 1942 taxes (which are due beginning March 15) should be "forgiven." This does not mean the adoption of the Ruml plan, which would bring the biggest windfalls to the top-income brackets. A logical basis would be to collect no taxes on 1942 incomes up to say \$2,000 a year. Above that level there might be a graduated scale of reduced payments up to \$5,000 income a year. From there on the full tax payment should be collected.

If these measures were adopted, the low-and-middle-income groups would not have to worry about their 1942 taxes; they could simply pay their 1943 income taxes, which the government would collect through weekly payroll deductions. Not only would such a scheme make adjustment to the heavier taxes easier, but it would still allow the government to collect the bulk of the 1942 income taxes from the partially exempted \$2,000 to \$5,000 income group, and from the others with income higher than \$5,000.





But whatever the government does, heavy income taxes are here to stay and they will continue long after the "duration." And even after the government adopts payroll deductions as the method of tax collection, you will still have to fill out income tax returns, for the government's weekly tax collections will be only an approximation of your actual tax for the whole year. Some people may get refunds because their allowable deductions were greater than average; others may have to pay more because of unexpected income.

#### KEEP RECORDS

Therefore, keeping careful *weekly* records of all your earnings and expenditures is a virtually indispensable step for your next income tax return. Such records will enable you to fill out future returns on a business-like basis, with clear records of all deductible items. Depend on your memory and hasty guesses, and you won't be able to take advantage of tax savings allowed by the law.

Remember that this year you save about \$19 on every \$100 of allowable deductions permitted by the law if you are in the lowest taxable bracket. The tax savings are even greater if your income is in the higher tax categories. Next year as rates go up you may save as much as \$25 for every \$100 you can legally deduct from your taxable income.

## Your Income Tax Guide

We suggest that readers who want to have a fuller guide to their tax problems buy *Your Income Tax Guide*, a special 56-page supplement published by the American Investors Union in its publication, *Your Investments*.

This supplement discusses in detail the present income tax law and specific problems to consider in filling out your return. It gives you the kind of advice you would get if you were sitting down with your own tax consultant—in clear, easy-to-read language.

Copies can be obtained from Consumers Union for 50¢ a copy, or 3 copies for \$1. (Use order blank on this page.)

Under the present law, single persons earning \$500 or more a year (\$9.62 a week) must file returns even though they may have no tax to pay because of allowable deductions. Single individuals supporting households must file a return if they earn at least \$500 a year, although they are allowed an exemption of \$1,200. Such heads of households may be widows, widowers, or other individuals who support a family and exercise family control. Married persons (living with their spouses) must file returns if their joint annual income is \$1,200 a year or more (\$23.08 a week) whether they have to pay taxes or not.

Men in the armed services are allowed a \$750 exemption for single persons; \$1,500 if they are married.

Besides their \$1,200 marital exemption, married persons are allowed a credit of \$350 for each minor child, as well as each dependent who is physically or mentally incapable of self-support. Heads of households who have that tax status only because they support dependents are denied credit for one dependent. For instance, if you are a widower with two children, you get only a \$350 credit in addition to your original \$1,200 exemption.

#### WHICH TAX FORM SHOULD YOU USE?

You can use either of the two tax returns if your income is \$3,000 a year or less. The simple optional form 1040A may be used if all your income is from wages, salaries, compensation for personal services, dividends, interest or annuities. You cannot use it if your income was derived from rents, royalties, or business.

The optional form provides for flat tax payments on incomes grouped in blocks from \$525 to \$3,000. A single individual earning \$2,600 a year pays \$353; a married person without dependents earning \$2,600 pays \$220.

No deductions are permitted if you use the optional form since the Treasury Department has already allowed a general 6% deduction in computing the tax payments. You are given a \$385 deduction for each child and dependent on the optional form, but this is no real saving. It is simply meant to bring the tax payment in line with the regular form.

In using the optional form, remember this point: Your tax status, that is, your exemption and credit for dependents, is determined by your status as of July 1, 1942. If you were married by that date, you can

take the marital exemption. But if you were married after July 1, you and your wife are regarded as single persons, and must file separate forms, with only \$500 exemption each.

If both you and your wife had combined incomes of \$3,000 or less you can file a joint return on the optional form. However, if one of you uses the regular form, the other cannot use the optional form. You can file individual returns on the optional form if your incomes are each \$3,000 or less. In that case, you can split the \$1,200 marital exemption, each taking \$600.

You will find that it pays you to try filling out both the optional and regular form and to file the one that calls for the smaller tax payment. If your allowable deductions are more than 6% of your income, if your tax status changed before July 1, 1942, if you are married and want to use most or all of the \$1,200 marital exemption to reduce the taxes of the spouse with the higher income, you will generally find that the regular form will bring tax savings.

In filling out the regular form 1040, the first thing you have to do is to compute all the items that made up your total income last year. This includes everything you have received in the way of wages, salaries, commissions, compensation for personal services, dividends, rents, royalties, interest, and the income from a trade

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or profession. It doesn't include money received as a result of damages for personal injuries recovered in law suits, dividends on unmatured insurance policies, supper money received from your employer while doing extra work or unemployment insurance benefits.

#### EXPENSES

After establishing your total income, you may deduct certain expenses connected with your job, profession or trade. The rule is that these expenses must be "ordinary and necessary" and that they be commonly accepted as essential for earning your livelihood in your occupation. Thus, you can deduct union dues, fees to professional societies, traveling and entertainment expenses, fees paid to an employment agency. You cannot deduct personal, family or living expenses such as commutation fares, the cost of operating an automobile for personal purposes, social security taxes.

Unfortunately, the law is not equitable in recognizing what expenses are deductible. An individual who owns securities can deduct fees paid to investment counsellors and subscriptions to financial magazines. But a worker who spends hundreds of dollars to get technical training for a war production job cannot deduct such expenses.

The war has brought many new

heavy expenses to many people. They may have to commute many miles to a war factory, because there are no living quarters to be found near the plant. They may have to move half way across the country to fill essential jobs.

Yet until the present unfair interpretation of the law is changed, they cannot deduct these extraordinary and unavoidable expenses. The inequities in the law should be removed; the principle should be established that all expenses essential for earning a livelihood are deductible.

#### CONTRIBUTIONS

After deducting your allowable expenses, you are permitted to make other deductions for contributions, taxes, interest, casualty losses, bad debts, extraordinary medical expenses, alimony, etc. If you made contributions to charitable, religious, scientific, literary, educational or other non-profit organizations serving a public need, you can deduct whatever you contributed up to 15% of your net income. This includes money you have given to the Red Cross, U.S.O., Allied War Relief Agencies, etc.

You may deduct almost all taxes except Federal income taxes and excise taxes (cigarettes, liquor) not imposed directly on the consumer. These include city and state income taxes; Federal amusement taxes on movie and theatre tickets; automobile license fees; Federal taxes on telephone service and telegrams. A new provision in the law permits you to deduct all retail sales taxes (such as city sales taxes) where the amount of the tax is stated separately. This does *not* include Federal retail taxes on furs, jewels and cosmetics.

You can deduct any interest you may be paying on loans and installment purchases. The loans may be personal, business or family debts.

If you have taken a loan on your insurance policy, you can deduct the interest only if you have actually paid it. If the company simply adds the interest on to your loan, it is not deductible. Similarly, you can deduct the interest on installment purchases only if the interest charges are stated separately from the actual cost of the merchandise.

If you have loaned money to someone, and the loan became completely or partially worthless in 1942, you can deduct the amount of your loss. But the fact that it is not collectible must have been established through cor-

respondence, so that you have proof of its worthlessness.

You can deduct all casualty losses suffered in 1942 from fire, theft, storm, etc.—provided your loss was not covered by insurance. If you received only part of the loss from the insurance company, you can deduct the amount that was not recovered.

Extraordinary medical expenses can be deducted this year for the first time. You are permitted a deduction for the amount you spent over and above 5% of your net income. If you had a net income of \$3,000 and medical expenses of \$300, you can take \$150 off your taxable income. That is, you cannot deduct anything you spent up to \$150 which is 5% of your net income, but you can deduct everything above that figure. Medical expenses are broadly defined by the law and include doctors', dentists' and hospital bills, payments for hospital insurance or hospital care, medicines, health and accident insurance, etc.

Another new provision in the law permits the deduction of alimony and separate maintenance payments by a husband to a wife who is legally divorced or separated from him. In turn, the wife must report these payments as income and pay taxes on them.

#### INDIVIDUAL OR JOINT RETURN?

These are most of the things you have to consider before filling out your return. The final important consideration is whether you and your wife should fill out joint or separate returns. Many couples who have separate incomes will find it advantageous to file separate returns because the tax on their combined income will be much heavier than the taxes on their separate incomes.

It generally pays to file individual returns when the combined incomes amount to more than \$3,200. The spouse with the higher income can take as much—or all—of the marital exemption of \$1,200 as is necessary to put him into a lower tax category. But don't be dogmatic on this point; work out your tax on a combined return and on single returns as well. Then, use the method that brings tax savings.

You had better take the business of filling out your income tax return seriously this year. And just as important, you should keep records starting right now, so that you approach next year's heavier taxes with a clear picture of your actual income and your permissible deductions.

## CONSUMERS UNION

17 Union Square W., N. Y. C.

#### I ENCLOSE \$4 FOR WHICH PLEASE

- ☐ Enter me as a member and send me the Reports and Buying Guide and Bread & Butter for one year.
- ☐ Renew my membership for one year and send me Bread & Butter to run concurrently with the Reports.

#### I ENCLOSE \$3.50 FOR WHICH PLEASE

- ☐ Enter me as a member of Consumers Union and send me the Reports and Buying Guide for one year.
- ☐ Renew my membership for one year.

#### I AGREE TO KEEP CONFIDENTIAL ALL MATERIAL SO DESIGNATED

NAME .....

ADDRESS .....

2CU8



# POINT RATIONING

*... of canned goods will provide a fair method of distribution.*

*CU explains how it works and suggests some things to remember*

Point rationing, OPA has announced, will begin this month with canned goods. With it the housewife will have to calculate not only how much money she can afford to spend but also how many points she can afford from her family's ration books. For those who look forward dubiously to this double budgeting, it may be reassuring to know that England has used point rationing successfully for over a year, and that English housewives have learned to be thrifty with ration coupons as well as with shillings.

When the new system is in full operation, it will provide a fairer way of distributing groups of products like canned goods and meat, where one item in the group may be used in place of another. Point rationing is not necessary for standardized products like sugar, coffee and gasoline, for which no widely used substitutes exist. This is not the case with canned goods, however, where there is no one type for which some other type cannot be substituted. If instead of point rationing, a general canned food rationing scheme were set up in such a way that each coupon entitled the holder to one can of any fruit or vegetable, the result might be a "run" on a few commodities, with rapid exhaustion of supplies, while other products, less in demand, would remain on the store shelves. Point rationing is designed to overcome this difficulty.

## HOW POINT RATIONING WORKS

Under the point rationing system, the government assigns a point value to every rationed product. A low point value is given to the commodities which are most plentiful as compared with their usual supply and demand. Higher point values are given to commodities which are scarcer.

One of the virtues of the point system is its flexibility. If, for example, so many people buy a low point value product that supplies of it dwindle long before new stocks are expected, or if another product is so expensive in points that it doesn't move from the grocers' shelves, the government can change buying trends merely by changing the point values of these goods. It is expected that

points assigned to the various products will be readjusted about once a month, more often when necessary.

War Ration Book Two consists of 192 stamps, 96 blue ones (which will be used for canned goods) and 96 red ones (to be used later for point rationing of meat). The stamps will be lettered from A to Z to indicate the ration periods during which they may be used. Each stamp will also bear a number representing its point value, either 1, 2, 5 or 8 points.

At the beginning of each ration period the government will announce which stamps are valid for that period. For example, all stamps lettered A, B and C might be declared valid for the first month of point rationing. There are four blue A stamps, one each worth 1, 2, 5 and 8 points, or a total of 16 points; similarly for the other letters of the alphabet. Thus the A, B and C blue stamps are worth a total of 48 points.

In spending this ration some important things must be kept in mind.

## THINGS TO REMEMBER

Don't just walk into a store, hand over a coupon and say, "What can I get for this?" Point values will be printed in the newspapers, and they probably will be announced on the radio each time they are changed; they'll also be posted in all food stores. It's a good plan to keep your own record of them at home. Then budget your canned goods for the month as carefully as you do your money; know just what you need to buy and determine whether you can afford the points for the purchase.

Remember, the more low-point products you buy, the more food your coupons will bring you. A high point value has nothing at all to do with the quality of a product; different brands and different grades of a given commodity all have the same point value. A product costs more points only because there isn't much of it available. Now as never before, it pays to experiment. You may find that the canned goods you are in the habit of buying are quite expensive in ration points. To get the most out of your family's share, give low-point "second choices" and unfamiliar foods a trial.

Base your food budget on the total number of points allotted to the family. You should be able to afford an occasional high-point food if there are several persons in your family.

Also remember that a product valued at 2 points costs 2 points for every unit. Thus, if an item listed at 2 points sells by the pound, you'll need 4 points to buy 2 pounds of it.

Be sure you spend your high value stamps first, because you get no "change" for a ration coupon. If all you have left near the end of the month are 8-point coupons and you need only 6 points' worth of goods, you'll lose out on 2 points or buy 2 points' worth of goods you don't need.

Your ration coupons in Book Two will not expire after the specified ration period. Contrary to the system used for coffee and sugar, if you conserve points in point ration period I, you'll be able to spend them during the next period. In other words, don't rush out and buy canned goods when the end of a ration period draws near. You won't lose the value of the coupons; save them to use as you need them. You can't borrow more points once yours are spent.

## CUMULATIVE INDEX

Each issue of the Reports contains this cumulative index of principal subjects covered since publication of the 1943 Buying Guide issue. By supplementing the Buying Guide index with this one, members can quickly locate current material and keep abreast of changes resulting from new tests. Page numbers run consecutively beginning with the January 1943 issue. Jan. 1-28; Feb. 29-56.

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# LABOR

## WHAT ABOUT MONTGOMERY WARD?

"I want to say this, that in my humble opinion, Montgomery Ward has done the greatest disservice to industry and the private enterprise system of any concern in the United States. . . . I think the position of Montgomery Ward is one of the most unpatriotic positions that any citizen could take in time of war. . . . I move that we go into executive session and proceed to take the necessary action to find out whether or not the Commander-in-Chief in time of war can be successfully defied by Montgomery Ward."

*Harry L. Derby, one of the Employer Representatives on the War Labor Board. Mr. Derby is also a Director of the National Association of Manufacturers.*

If our newspapers reported the plain facts, this article would not be necessary. Montgomery Ward's actions all stand on the record. But since only Ward's paid ads have appeared in most newspapers, CU feels its readers need an explanation.

Last February, the United Retail, Wholesale and Department Store Employees (CIO) won a Labor Board election, making it the authorized bargaining agent for 6,800 workers in Montgomery Ward's Chicago plant. The union tried to negotiate a contract, but found Ward unwilling to bargain in good faith on the most important demands—a 15% wage raise and union security. The Union appealed to the War Labor Board.

The Board held extensive hearings, listened to both the employers and the Union, and visited Ward's Chicago plant to make its own investigation. It tried again to get Ward to negotiate, but the company would make no concession to the Union. Then the Board held further hearings. Last August, it issued Part I of its decision—a general 5¢ an hour wage increase, instead of the 15¢ the Union had requested. (Wages of most of the workers, with the increase, range from \$18 to \$29, reports the Union.)

In November, the Board issued Part II of its decision, dealing with union security. The Board granted maintenance of union membership, voluntary checkoff of union dues, compulsory arbitration of grievances and seniority. It might be well to explain the first two points. Maintenance of membership, as in the Ward contract, provides that present union

members are given 15 days to decide whether they want to stay in or out of the Union. After the 15-day period, if they decide to stay in, they must maintain their union membership for one year, the duration of the contract, by means of dues payments of \$1 a month, either handed over personally or checked off their wages. But employees don't have to join the Union in order to continue working. Nor do workers have to be union members in order to be hired.

Montgomery Ward has claimed in full page paid newspaper advertisements that this constitutes a closed shop. But a closed shop, as most people know is one in which all employees must be union members.

Since the company refused to accept the Labor Board's decision, the Board referred the case to President Roosevelt who wrote Montgomery Ward asking them to comply. Ward published full page advertisements saying that as patriotic Americans they would obey the President.

But when the contract was ready for signature, Sewell Avery, Ward's President, balked again. He demanded inclusion of a prepared clause to the effect that Ward was signing under duress and that the contract provisions were illegal. Such a clause would have nullified the contract.

The Board met again and unanimously ordered Avery to sign. He countered with another full page blast, misrepresenting facts. Then the Board offered a compromise—a clause which incorporated the company's protest but omitted the wording which would have nullified the contract. Again Avery refused. Again the President interposed, this time ordering rather than requesting. On December 18, Ward reluctantly signed a contract for its Chicago plant.

But the matter was not ended. Three more War Labor Board hearings are approaching, for the Jamaica, N. Y., Detroit and Denver plants, where the URWDSE has won elections. Again, Ward's has refused to negotiate. And again, this time in advance of the Labor Board's decision, the company has announced in full page advertisements that it will not sign contracts similar to the Chicago contract, for these plants. That raises doubts about the company's intentions, even in its Chicago plant.

Most of these facts have been either omitted or distorted in most newspapers. Could Ward's unusual advertising splurge have had anything to do with its good press?

CU Reports readers who have been shopping at Ward's might want to write and say they will resume relations at such time as Ward's resumes the time-honored custom of obedience of the law.

## MEN'S UNDERWEAR

The brands of men's woven shorts, of knit shorts and of undershirts listed below are union made. (Ratings of undershirts and knit shorts appear in this issue, of woven shorts in the January issue.) A great many of the brands of men's underwear which CU tested are distributed by department stores and mail order houses which do not reveal their sources of supply. No report can be given on the labor conditions under which these were made.

*Under contract with the Amalgamated Clothing Workers of America (CIO):*

**BVD** (BVD Company, NYC).

**Mansco** (Manhattan Shirt Company, NYC).

**Wilson Brothers, Wilson's Cut-away's, Ringsider and Super Seat** (Wilson Brothers, NYC).

The union reports a 40 hour week, time and one-half for overtime, average wage \$25 a week, one week's paid vacation for all.

*Under contract with the Textile Workers' Union of America (CIO):*

**Munsingwear, Breex** (Munsingwear Company, Minneapolis).

**Jockey** (Cooper's, Inc., Kenosha, Wisconsin).

Cooper's report average earnings of \$25 a week, a minimum wage for girls of \$18 a week (45¢ an hour) and one week's paid vacation. Munsingwear reports average earnings of 65¢, minimum of 40¢ an hour. The union reports a 40 hour week in both shops and time and one-half for overtime.

*Under contract with the International Ladies' Garment Workers Union (AFL):*

**Carter's** (William Carter Company, Springfield, Mass.).

*Under contract with the United Textile Workers of America (AFL):*

**Reis Scandal** knit shorts and **Manhattan** undershirts (Robert Reis Co., NYC).

CU was unable to get information direct from the union. However, it is reported that only the plant which makes Reis' knit goods is under contract.



# Only Ten to a Group

These are times that demand organization on the home front. And CU's new group plan can help you do your share.

You can get a dollar reduction in the regular CU subscription fee if you and nine others join at once. And you can get an additional free subscription for use in organizing.

For less than a cent a day—only \$3 a year—each group member receives 11 issues of the monthly *Reports* PLUS the 1943 *Buying Guide* PLUS 52 issues of the weekly *Bread & Butter*.

It's easy to get a group together: your friends, your neighbors, the people who work in your office, your fellow union members, members of church or social groups to which you belong will be glad to join you.

THERE'S NO TIME LIKE RIGHT NOW.



*Use order form below*



## Save Your Reports

Single issues of the *Reports* have a tantalizing way of getting lost and therefore not being available when you need them most.

SO...

You'll want this handsome black leatherette binder to keep your whole year's supply of the *Reports* together and in order, so that they'll always be on hand when you need them most.

The cost of these convenient binders is only 75¢ to CU members. Order yours now—while you're thinking about it.

*Use order form below*

**CONSUMERS UNION OF U. S. INC.**  
17 Union Square West • N. Y. C.

☐ I enclose \$..... for ..... CU group memberships. The names and addresses of the other members of my group are listed on the attached sheet.

☐ Send me further information and literature which I may distribute to my friends, to form a CU group.

NAME.....

ADDRESS.....

2GM3

**CONSUMERS UNION OF U. S. INC.**  
17 Union Square West • N. Y. C.

☐ I enclose ..... for which please send me ..... leatherette binder(s) described above.

NAME.....

ADDRESS.....

2LB3

# NOW IT'S READY...—

*... to help Americans as consumers get the most out of wartime dollars by buying wisely and making the best use of the things they have*

If you've been passing back issues of your **Reports** on to friends after reading them, or . . .

If you're one of CU's new members and want to make use of the valuable material which back copies of the **Reports** provide . . .

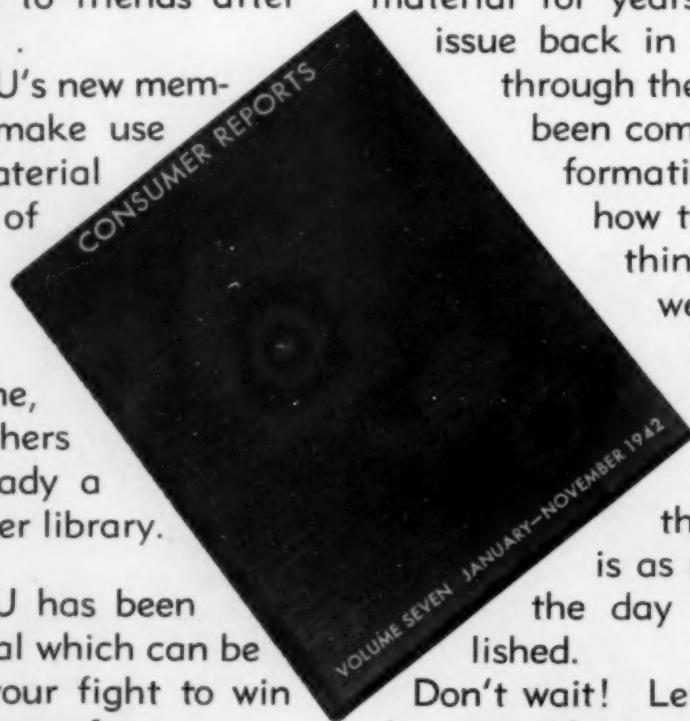
You'll want the 1942 bound volume, as well as any others which are not already a part of your consumer library.

... —

Through 1942 CU has been bringing you material which can be a vital weapon in your fight to win the victory on the home front.

And CU has been providing such material for years. From the first issue back in May, 1936, right through the last issue, CU has been compiling valuable information on how to buy, how to take care of the things you have, plus a wealth of useful material on health and medicine. Much of the information in these bound volumes is as useful today as on the day it was first published.

Don't wait! Let CU help you win the war at home.



*Use this coupon for ordering* —————→

## CONSUMERS UNION • 17 Union Square W • N. Y. C.

I enclose \$..... Send me the material checked

- ☐ 1942 bound volume (\$2.50)
- ☐ All six volumes of the **Reports** (\$10)
- ☐ The following three volumes (\$5)  
1936-37\_\_\_, 1938\_\_\_, 1939\_\_\_, 1940\_\_\_, 1941\_\_\_
- ☐ The following single volumes (\$1.75 each)  
1936-37\_\_\_, 1938\_\_\_, 1939\_\_\_, 1940\_\_\_, 1941\_\_\_

NAME.....

ADDRESS.....

.....

2BV3